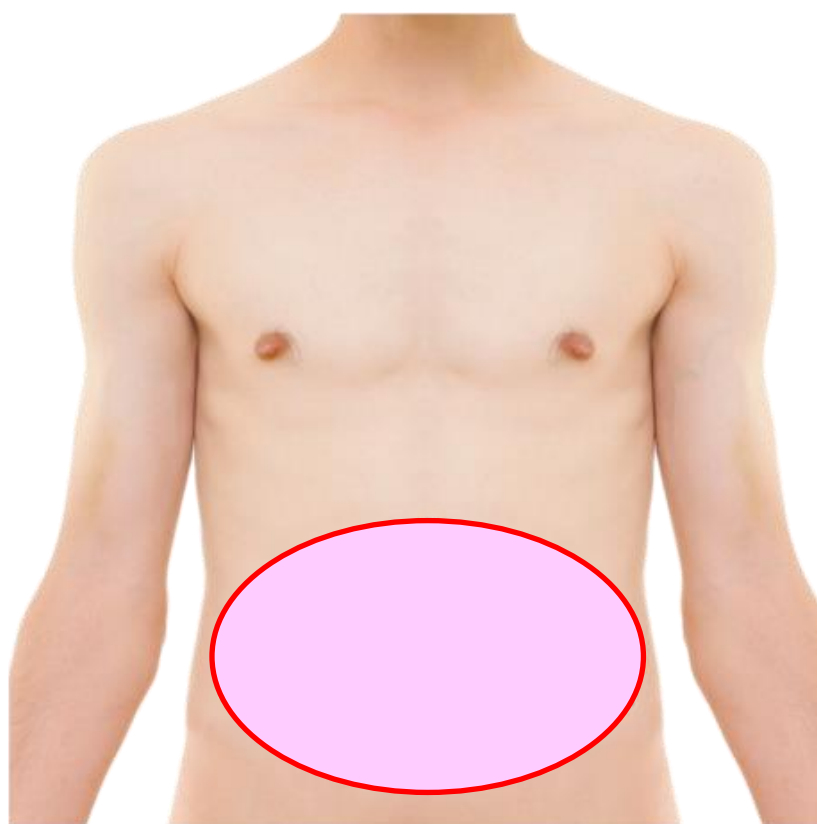


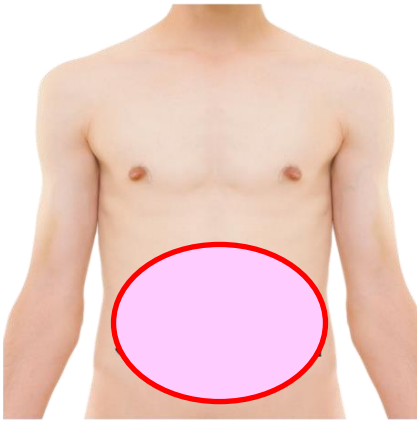
# Checking for problems in your bowel



An Easy Read guide to checking problems in your bowel



# Your bowel



There may be a **problem** in your **bowel** (where your poo is made).



The **doctor** can **check** for **problems** using a **special camera**.



The **camera** goes up your **bottom** so the doctor can see **inside your bowel**.

This is called a **Colonoscopy**.

# Making a decision



This booklet can help **you decide** if you **want** to have a **colonoscopy** or **not**.



The **doctor** or **special nurse** can tell you if there are any **other ways** to **check** your **bowel**.

They can **answer** any **questions** you have.



It may help to **talk** to a **friend** or someone in your **family** if you are **not sure what to do**.

# Before a colonoscopy

Before a colonoscopy you have to:



- Eat a **special diet**



- **Stop taking iron tablets** if you normally take them



- Take a **special medicine** the **day before**. This makes you go the **toilet** lots of times



- **Drink** lots of **water**

# Having a colonoscopy



You will go to the **hospital** for the **colonoscopy** and speak to the doctor and the special nurse about the **camera test**.



The doctor may give you **medicine** to help you **relax**.

The doctor will put a **tiny camera** up your **bottom**.

If the doctor finds a **problem** they will take a **small bit** so they can do **tests**.



If they find any **small lumps** they may take them **away** at the **same time**.



The **colonoscopy** will take about **30 to 45 minutes**.

# After the colonoscopy



After the **colonoscopy** you can have a **rest**.



You may **feel** a bit **bloated** for a **few hours**.



You will be offered a **hot** or **cold drink** and some **toast** before you go **home**.



You should be able to **go home** when you are **ready**.

If you were **given medicine** to help you **relax** you may have to **wait a few hours**.

# After the colonoscopy



When you **go home** make sure there is **someone with you**.



Keep a **phone near you** in case you need to **call the hospital**.



You should be able to go back to your **normal activities** the **next day**.

# Getting your results



The **doctor** or **special nurse** will let you **know** when they have the **results**.

They will **talk** to you about **what** you need to **next**.

# Useful telephone numbers



If you have any **questions** about **having colonoscopy** call



If you have any **problems after** your **colonoscopy** call



If you **need** an **ambulance** call

**999**