



Bowel Cancer Screening Programme

North of Tyne Screening Centre

Telephone: 0191 282 5046

Date:



These are the times and dates of your colonoscopy exam



Day:

Date:

Time:

A colonoscopy exam looks inside your large bowel to check how healthy you are.

Things to do the week before your colonoscopy exam



Vegetables	
These are the vegetables YOU CAN EAT as part of your diet.	
White potatoes without skins. You can eat sweet potatoes.	Peeled vegetables that are well cooked and mashed. Things like parsnip, turnip and squash.
Tomato paste and Fasnats	Avocado and peeled Aubergine
These are vegetables YOU SHOULD NOT EAT as part of your diet.	
All seeds, pips and tough skins	Raw vegetables and salad
Chinese vegetables like Pak choy, bamboo shoots, bean sprouts	Corn, coleslaw, baked beans, yam

You must make sure you understand the leaflets we have given you. They tell you about:

- A special diet you must follow
- Medicine you need to take

On the day of your colonoscopy exam



Stop drinking two hours before your exam.



Do not bring valuable things like money and jewellery to the hospital.



Arrive 10 minutes early so you can book in at reception.



Enter the hospital at the main entrance.



Follow the signs that say Endoscopy. This is where you will have your test.

Ask for support if you need it.



A Bowell Screening Nurse will be at your test to help you.

After your colonoscopy



You must arrange for somebody to pick you up at the hospital.

After you have left hospital, you will not be fit to use public transport.



Somebody must stay with you for 24 hours which is a whole day.

Further support



If you need to change your appointment or have any questions you can ring the Bowell Screening Centre on these numbers:

- 0191 282 50 46
- 0191 282 3400