

Endoscopic examination of the colon (Colonoscopy)

Colonoscopy is an examination of the colon, which is performed with a flexible pair of endoscope passed through the rectum to examine the inside (mucosa) of the colon and rectum. Through the endoscope, tissue samples can be taken and polyps removed.

Preparation

In order to perform the examination, it is necessary that the intestine is as well emptied as possible.

Picoprep is picked up at the pharmacy. A prescription has been placed on the server, so Picoprep will be delivered to you free of charge.

Examples of clear liquids: water, juice, soda, clear broth, juice without pulp, coffee and tea without cream or milk, and clear soup.

Three days before the examination

Do not eat bread with grains, fruits, vegetables, flaxseeds or the like. You must also not eat iron tablets. It is best if you eat a light diet and drink two to three liters of fluid daily. However, you should avoid dairy products.

The day before the examination

At 15.00 a light lunch may be eaten (e.g. light bread, eggs, fish). After lunch, do not eat solid food until after the examination.

At 19.00 for dinner, consume at least 1 glass, but preferably several glasses of "clear" liquid. By "clear" liquid is meant water, clear soup, juice without pulp, coffee without cream, tea, juice etc.

1st dose Picoprep at 19.00. Dilute the contents of one of the letters Picoprep in a glass of cold water (150 ml). Drink the solution followed by at least 1 full glass of cold water (240 ml). Clearer fluid should be ingested. During the evening, drink at least 3 whole glasses of clear liquid before bedtime.

It is important to drink plenty during the entire cleansing. Preferably 2-3 liters a day.

On the day of the examination

At 9.00 for breakfast, drink at least 1 full glass of "clear" liquid.

2nd dose Picoprep at 9.00. Immediately after "breakfast", dilute the contents of the second letter Picoprep in a glass of cold water. Drink the solution followed by at least a full glass of cold water. Additional "clear" fluid should be ingested until the actual time of examination.

It is important to drink plenty during the entire cleansing. Preferably 2-3 liters a day. Your stool should be yellowish/clear after cleansing. If it is brown or cloudy, drink more fluids.

The examination

The examination takes place lying on the left side. The endoscope are inserted into the intestine. To facilitate the passage up through the intestine, it may be necessary to change position along the way. Air is inflated to create an overview. This can cause discomfort in the form of pressure in the abdomen. Polyps can be removed or tissue samples taken without being noticed. The examination usually takes approx. 25 minutes.

To facilitate the examination and minimize the discomfort, one can get a combination of painkillers and relaxing medication at the start of the examination.

After the examination

You can usually eat and drink immediately after the examination. Answers to any tests will be available after approx. 1-2 weeks.

If you have been given painkillers and sedatives, do not drive for the rest of the day. The medication may cause one to forget what has been said. You will therefore be provided with written information about the result of the survey. You are also welcome to bring a relative. If you have not received medication in the bloodstream during the examination, you may be able to go to work, but some prefer to rest for the rest of the day. If you have been given sedatives / painkillers - you must not work or drive the same day, and you must arrange for transport home (relatives or Falck).

Complications

After taking tissue samples, a small amount of blood may appear in the stool for the first 24 hours. In very rare cases, after polyp removal, heavy bleeding or a hole in the intestine may occur, which will require hospitalization.

Seek medical attention

If bleeding, pain or fever occurs after polyp removal, contact the clinic, emergency doctor or emergency room immediately.