

## General Medicine – Endoscopy (Colonoscopy)

### Introduction

Your GP/Consultant has recommended a Colonoscopy; a procedure to look at the inside of your colon using a thin, flexible camera (endoscope). You will be provided with a written information leaflet that details specific instructions relating to your colonoscopy and your medications, including the laxative preparation for this.

### Guidance for Patients

Common reasons for having a Colonoscopy include:

- Weight loss and abdominal pain
- Rectal bleeding
- Iron-deficiency anaemia
- Changes in bowel habit
- Surveillance for conditions such as colonic polyps, Inflammatory Bowel Disease or colorectal cancer
- Family history of colorectal cancer

While you are waiting for your procedure your GP/Consultant may recommend an alternative management or treatment to support your symptoms. It is important that you consider these options too in the short term to support your well-being.

#### **This may include:**

- Lifestyle changes
- Medication

### What should I do if my health is deteriorating?

If you feel you are becoming more unwell, **please call NHS 111 for medical review in the first instance.**

### Contact Us

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## My Planned Care Patient Information Platform

A dedicated e-mail address for My Planned Care enquiries: [soh-tr.so-mpcqueries@nhs.net](mailto:soh-tr.so-mpcqueries@nhs.net)