

What is a Colonoscopy?

Background

A colonoscopy is a **safe 15–30 minute examination** of the **entire large intestine** or colon and rectum. A mild sedative and painkillers are usually given through an injection. The endoscope is inserted through the anus. It can take biopsies of lesions for tissue analysis to diagnose colon and rectum problems. Most colonoscopies are done outpatient as a day procedure with minimal inconvenience.

Who should have the procedure?

Recommended for:
Adults aged 50 Years or older

Additionally, colonoscopy helps to:



Examine patients with **blood in their stools / anemia**



Check for unexplained **abdominal symptoms**



Monitor patients who have a **personal or family history of colon polyps or cancer**



Detect **inflammatory bowel disease (colitis)**

Are there any complications?

Possible risks includes:

Respiratory depression and cardio-respiratory arrest due to sedation	0.1%	Perforation	0.1–3%	Bleeding after removing a polyp	0.1–3%	Missing an abnormality or very tiny polyps	5%	Incomplete colonoscopy caused by inadequate bowel preparation or unusual anatomy	1%
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Find us

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KEMENTERIAN KESIHATAN
MINISTRY OF HEALTH



Colonoscopy

Instruction and
Preparation

Pre-Procedure Planning

Bowel Preparation

You will be required to drink a solution twice to cleanse the colon 1 day before and on the day of procedure as advised. It is normal to experience watery stools. Take the first bottle at 6pm the day before & only clear liquids of 2 litres allowed after that. Take the second bottle at 5am the morning of the procedure and keep fasting until the procedure.

Stool Colour



NOT READY NOT READY NOT READY ALMOST READY READY

Advice On Medication

For Blood Pressure Medications	For Diabetic Medications	For Blood Thinning Medications
Take with sips of water before 6am.	Do not take tablets or inject insulin morning of the procedure but bring along your medications.	Continue or stop days before the procedure as instructed.

On The Day Of Procedure

Please Bring Along:

- Hospital Appointment Card
- IC / Employment pass / Work permit
- Letter of Insurance
- Spectacles casing, if you are wearing glasses

Personal Care

- Do not wear make-up, nail varnish, or contact lenses
- If you wear dentures, you may wish to leave it at home or please bring your denture case for safe keeping
- Do not drive to the hospital
- Advised not to come to the procedure alone

Discharge Care

After The Procedure

You may experience the following temporary effects:

- Dizziness or tiredness (from sedation)
- Nausea or vomiting
- Bloating (should ease after 2-3 hours)
- Slower judgment/reactions

When should you seek medical help?

- Difficulty breathing.
- Excessive bleeding or passing black stool.
- Severe vomiting / nauseousness.
- Severe abdominal pain or bloatedness.
- Severe chest pain.
- Swollen and painful injection site.

Precautions

- Have someone drive you home.
- Do not operate vehicles / machinery.
- Do not take sleeping tablet and alcohol for the first 24 hours.
- Do not sign any legal document or make important decisions after the procedure