

## Appointments

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To make an appointment with **Kent Colorectal and Laparoscopic Surgery** please telephone one of the following direct numbers and ask for an appointment with either Mr Garrett or Professor Wegstapel:

### **Spire Alexandra Hospital**

(Appointments available on a Monday morning and afternoon, occasionally Tuesdays—Mr Garrett & Professor Wegstapel)  
01634 662845 / 01634 662822

### **Fawkham Manor Hospital**

(Appointments available on either a Monday evening or Tuesday evening—Mr Garrett & Professor Wegstapel)  
01474 875601

### **Somerfield Hospital**

(Appointments on a Saturday morning twice a month—Mr Garrett)  
01622 208000

## Consultants

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### **Mr William V Garrett**

MBBS BSc FRCS (Eng) FRCS (Gen Surg)

### **Professor Henk Wegstapel**

MD FRCS (Ed) FRCS (Eng) FRCS (Gen Surg)

## Contact and Further Enquiries

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Kent Colorectal & Laparoscopic Surgery  
Spire Alexandra Hospital  
Impton Lane  
Chatham  
Kent  
ME5 9PG

Telephone: 01634 662889  
Fax: 01634 662890  
E-mail: [office@kcls.co.uk](mailto:office@kcls.co.uk)

[www.kentcolorectal.co.uk](http://www.kentcolorectal.co.uk)



# Colonoscopy

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*Kent Colorectal &  
Laparoscopic  
Surgery*

[www.kentcolorectal.co.uk](http://www.kentcolorectal.co.uk)

## What is a colonoscopy?

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A colonoscopy is an investigation using a flexible telescope to look at the lining of the large bowel (colon). A long tube (a colonoscope) is inserted at the anus and manoeuvred around as far as possible to the appendix (around 1.5 metres in length). In order to gain good views you will be asked to take a laxative (bowel prep) to clear out the bowel and you will also be asked to follow a restricted diet for two days before your procedure. You may also be asked to stop some medications.

## The Procedure

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You will be lying on your left hand side with your knees bent towards your stomach. The colonoscopy takes on average thirty minutes to complete. Air is introduced into the colon to allow the telescope to pass easily. You may pass wind during the procedure, please do not be embarrassed by this, all the staff concerned are aware of why it is happening.

## Following the Procedure

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You may experience some bloating, abdominal discomfort and be extra windy.

For the first 8 hours after the sedation you should not have a bath unsupervised, look after dependents on your own, use potentially dangerous appliances such as a cooker or a kettle, go to work or take sleeping tablets or use recreational drugs.

You may have had sedation for your colonoscopy and as such for the following 24 hours you must not drive, operate potentially dangerous machinery, drink any alcohol or sign any legal documents.

## Potential Risks of the Procedure (All of which are rare)

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- Approximately 1 in 1000 people may find that their breathing or heart rate slows down. This will be monitored throughout the procedure by the nurse, you may also have your blood pressure monitored at the same time.
- It is possible to tear part of the bowel, this is usually around 1 in 1,500 and this risk is increased if a polyp has been removed. In the event of a tear, immediate surgery may be required to repair it.
- Bleeding may be experienced following the procedure, approximately 1 in 150 but increases to 1 in 100 if a polyp has been removed. A blood transfusion or surgery may be required.
- In a small percentage of patients—about 10% - the colonoscopy cannot be manoeuvred all the way round to the appendix, it may therefore be necessary for you to have a CT scan or a barium enema for completeness.
- If a further treatment takes place at the same time (eg treatment for piles) you may experience discomfort or bleeding.