WHEN YOU ARE AT HOME

Your child may experience some mild abdominal pain after the procedure. It is safe to give your child pain medication. Your Nurse will supply you with a Pain Information Leaflet. Ask your nurse what Pain medication your child has received prior to going home.

Your nurse will advise you of any complications following colonoscopy. However if your child experiences

- abdominal pain,
- vomiting or
- passing blood from the rectum/back passage

or you are concerned following discharge the GI team should be contacted or the child brought to the Emergency Department.

If you are unable to attend your appointment for this procedure, please inform the GI unit 01-4282527 as soon as possible.

If further advice or information is needed, please contact a Gastroenterology nurse specialist:

Phone: 4096100

Bleep the Clinical Nurse Specialist on 8876

Remember: Ask your nurse if you are unsure about anything about your child’s care.

Additional instructions

Developed by Mary Hamzawi, Clinical Nurse Specialist.

Date issued October 2012

Disclaimer & Copyright© 2012, Our Lady’s Children’s Hospital Crumlin, Dublin 12. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the copyright holder. Every effort has been made to ensure that the information provided is accurate and in accord with standards accepted at the time of printing.
A colonoscopy is an examination of your child’s colon or large bowel. It is done in the operating theatre under general anaesthetic, so your child will be asleep. A thin flexible scope with a light is inserted into your child’s bottom and passed on into the large bowel. Biopsies are usually taken; these are tiny samples of tissue from the lining of the large bowel that are sent to the laboratory for microscopic analysis.

BOWEL PREPARATION

It is essential that the large bowel is empty to enable easy passage of the scope and clear visibility of the lining of the bowel. Your child should begin a ‘low residue’ diet on Saturday (sheet enclosed) and clear fluids* only on Sunday.

Fluids allowed = Water, Bovril, Consomme Squash, 7up, jelly (avoid red & green color).

Special medicines are also needed to empty the bowel - in OLCHC we use a solution called Picolax (prescription enclosed).

On Sun Morning your child is allowed a light breakfast but CLEAR FLUIDS ONLY are allowed after this (see enclosed diet sheet).

On Sunday the first dose of Picolax is to be taken between 10am & 2pm followed by at least 400-500mls clear fluid*

The second dose of Picolax is taken 4 - 6 hrs after first dose.

Children must drink at least 400-500 mls of clear fluid over 2-3 hrs following each dose of Picolax.

- Drink the required volume of Picolax over 15mins. Picolax tastes nicer if you drink it Chilled.
- Picolax will cause your child to have diarrhoea & eventually pass clear liquid from the back passage.
- You must complete your recommended dose of picolax. The procedure cannot be performed effectively if the large bowel is not empty (passing clear fluid from the back passage).
- A barrier cream such as Vaseline or Sudocream can be applied around the back passage to prevent or soothe any discomfort from diarrhoea while taking Picolax.

PREPARATION OF PICOLAX

Add the entire contents of 1 sachet of Picolax to 150mls of ‘ice cold’ water. Stir until the powder stops bubbling. The solution may heat up with vigorous stirring. Allow to cool.

DOSE OF PICOLAX

Follow instructions on the enclosed prescription which will state how much Picolax your child needs to take on Sunday morning & again on Sunday evening.

MORNING OF THE PROCEDURE

You need to check in to the Medical Day Ward at 8am. Clear fluids may be given for up to 2 hours prior to the procedure or as instructed by the Day Unit information leaflet you receive in the post. When you arrive to the Day Unit you will be seen by both nursing and medical staff and the procedure explained to you prior to the doctor taking written consent.

One parent/guardian may accompany your child to theatre. Parents are encouraged to stay with their child until he/she is asleep. The total length of time for the procedure varies. Generally, however, the total time from going to sleep to waking after the procedure is one & a half hours. When awake your child will be returned to the Day Ward.

AFTER THE PROCEDURE

On return to the ward allow your child to sleep or rest. Children are usually able to eat and drink once they have fully woken from the anaesthetic. Please check with your nurse before you allow them to eat or drink. Children are usually fit for discharge within 2 hours. The doctor will speak to you and your child before you go home to explain findings and organise follow up as necessary.