

Information for patients, families and carers

Paediatric Colonoscopy

Who is this information for?

This information is for patients and families planning to attend Monash Health Endoscopy Services

Paediatric Colonoscopy

A colonoscopy is a procedure where a gastroenterologist looks at the inside of the large bowel (colon) using a long, flexible tube with a light and a camera on the end, known as a colonoscope.

The colonoscope is inserted into the bottom (anus) and then slowly pushed through the large bowel. The bowel is carefully examined and small samples of bowel tissue (called biopsies) are taken and collected for further tests.

A child may need a colonoscopy to find a cause for gastrointestinal symptoms such as abdominal pain, diarrhoea and bleeding from the bowel.

A polypectomy is the removal of a polyp. A polyp is an overgrowth of tissue, shaped like a mushroom, which can cause bleeding. If required, a polypectomy may be carried out at the same time as the colonoscopy.

On the day of procedure

- **Please follow the bowel preparation and fasting instructions that will be provided to you from endoscopy bookings.** In order to create optimal conditions for the test, the colon must be emptied. Despite the unpleasant nature of these preparatory steps, it is of utmost importance to carefully follow the instructions. An unprepared colon lowers the success rate of the procedure and may increase the complication risk.
- If your child is taking iron tablets stop taking them 7 days prior to procedure
- Most medications can be taken as usual, however if you are unsure please consult the gastroenterologist at clinic or endoscopy liaison nurse at least 7 days prior to procedure.
- Your child will receive sedation for the procedure, so they will be asleep. A local anaesthetic cream is applied on the back of your child's hands before the procedure to make the skin feel numb. They will not feel the insertion of the needle while going off to sleep. Sometimes mum or dad is asked to accompany their child into the suite to help keep them calm until they drift off to sleep.

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After the Colonoscopy

- Your child will be drowsy; sometimes they thrash about and cry as they are waking up. One guardian will be called into recovery to be with the child while they wake.
- Nausea and vomiting is rare, but in this instance please slowly introduce sips of water post procedure until the effects of the sedation subside
- We encourage that your child rests for the remainder of the day after procedure
- Abdominal bloating or discomfort can occur. This is from air blown into the colon to inflate and visualise the mucosa. It will pass.
- A small amount of blood might be seen in your child's bowel action (poo) after a colonoscopy. This is usually due small samples of bowel tissue (biopsies) taken for testing or removal of polyps
- Normal diet can be resumed post procedure unless otherwise directed.
- A responsible adult must stay with the patient overnight post procedure

Please take the time to read the letter and preparation instructions at least 7 days prior to procedure.

For information



Endoscopy Booking Office (assist with booking enquires)
1800 786 188