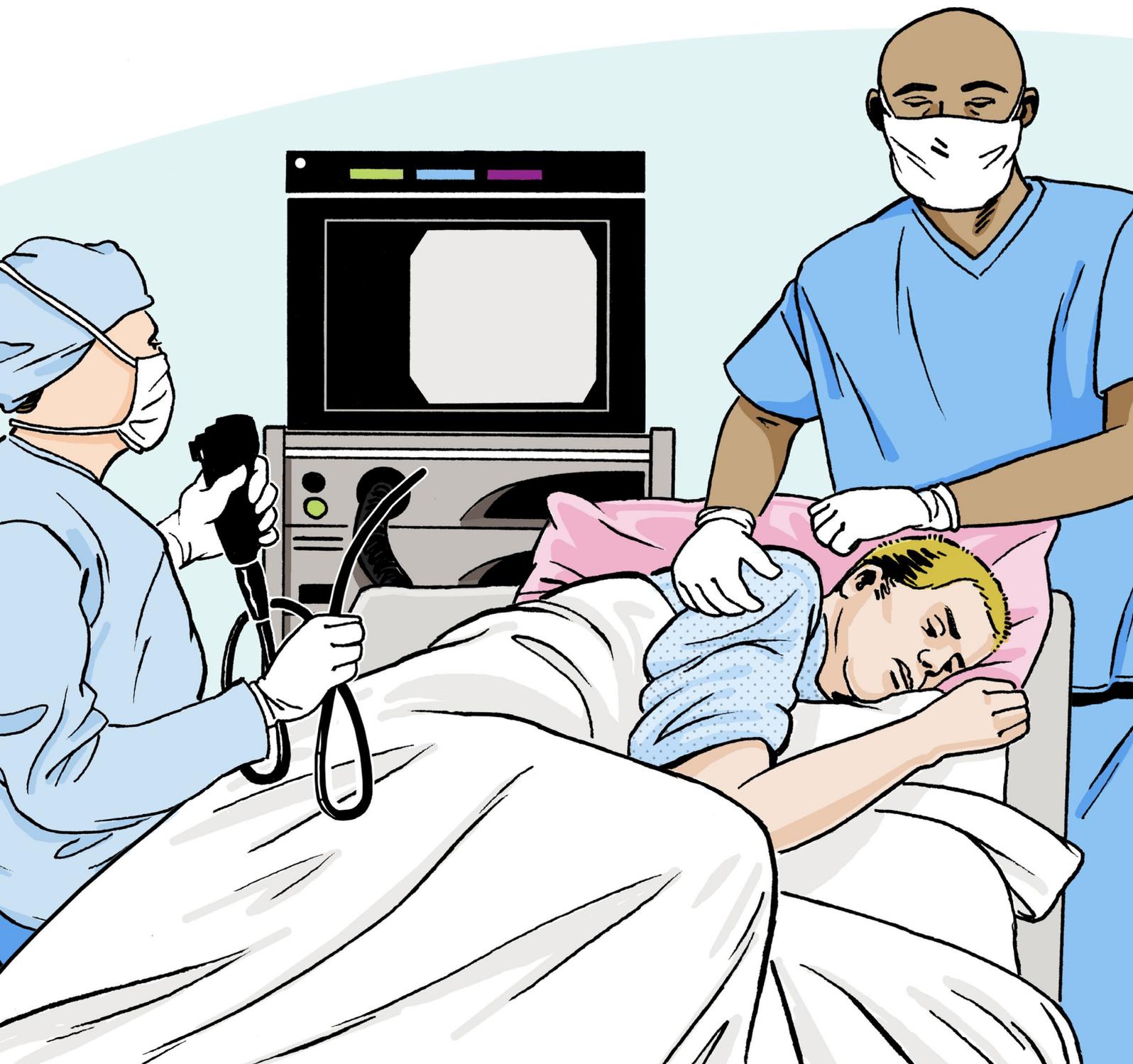


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CANCER SUPPORT

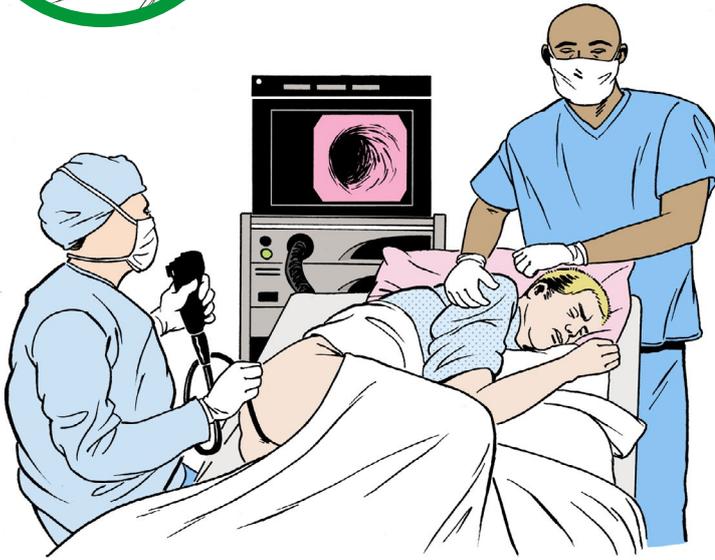
easy  
read

# Having a colonoscopy

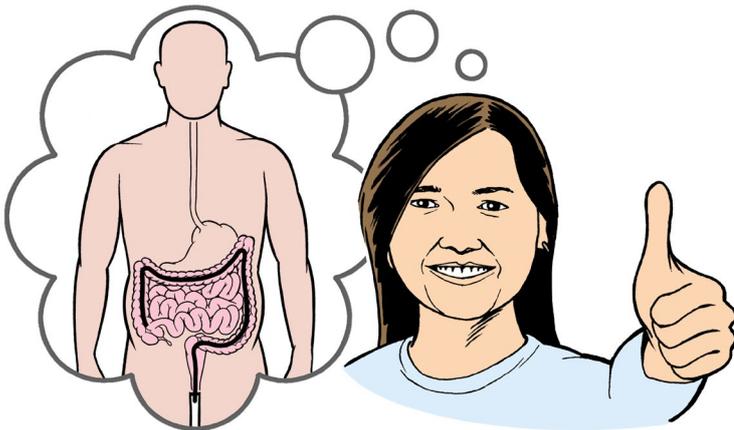




# About this easy read booklet



This booklet is about having a colonoscopy.



You can learn about what will happen at the hospital when you go in for a colonoscopy.



If you are worried about your health, you should talk to a doctor or nurse.



# Having tests at the hospital



There are different tests that you may have at the hospital. Usually you will need more than one test to find out what is wrong.



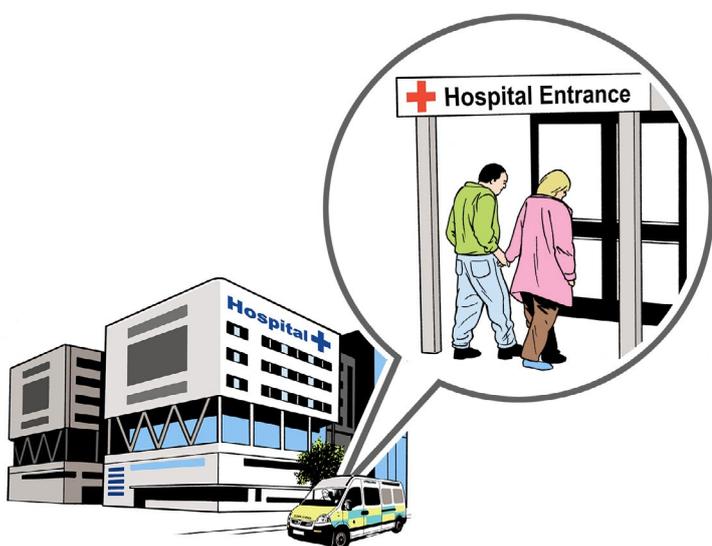
Some tests can hurt your baby if you are pregnant. So it is very important to tell the doctor, nurse or the person who gives you support if you are pregnant.



Tell them if you think you might be pregnant, even if you are not sure.



Before you have a test you might want to ask the doctor or nurse to tell you what they are going to do.



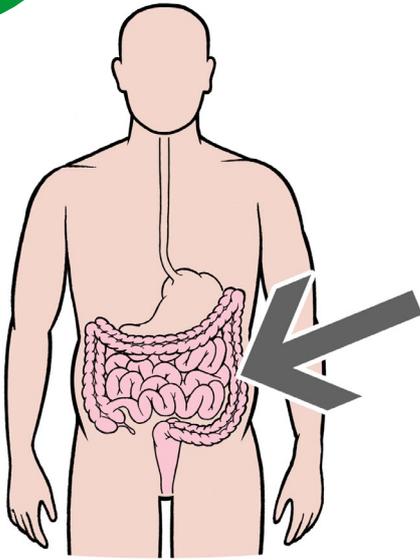
You may be able to visit the hospital with the person who gives you support before you go for the tests. Then you will know what it is like.



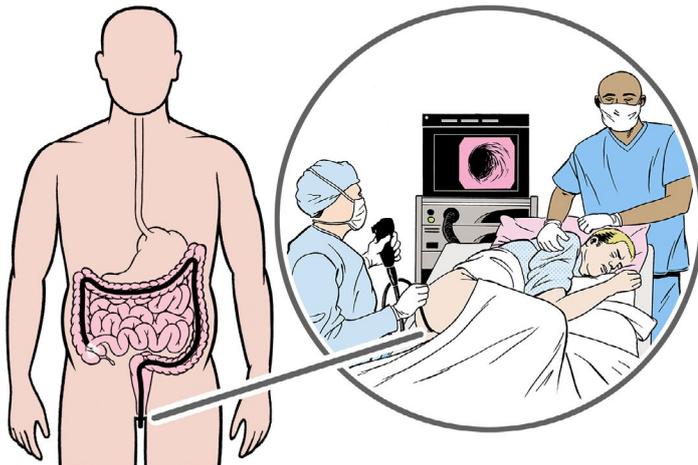
Tests can be uncomfortable but should not be painful. Tell the doctor or nurse if you have any pain.



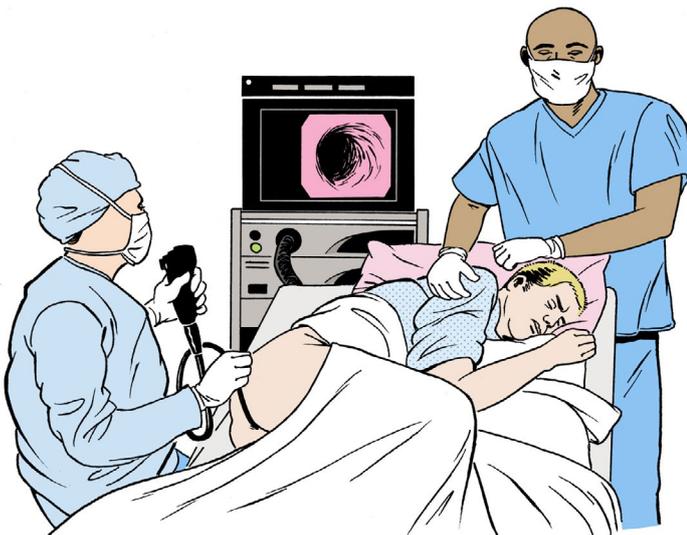
# Having a colonoscopy



The **bowel** is inside your body. It is a long tube which helps digest food.



A **colonoscopy** is when a doctor uses a small camera to look up your bottom to check your bowel for anything that may be wrong.



The doctor does this by gently putting a tube with a very tiny camera on it up your bottom.



There are some things you will be asked to do before you come to hospital.



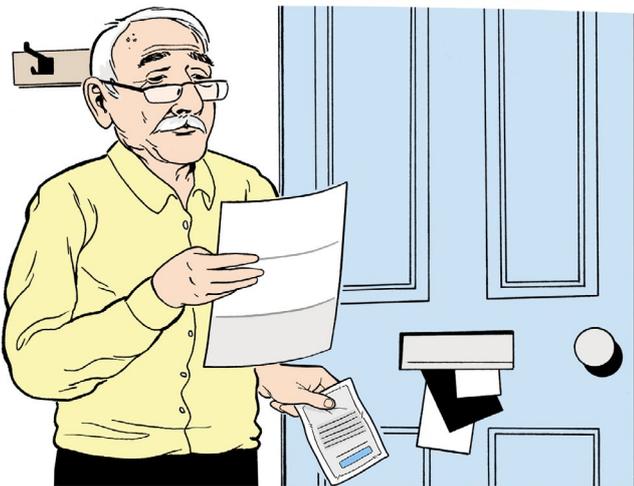
You may be asked to change what you eat and drink for a few days before your test.



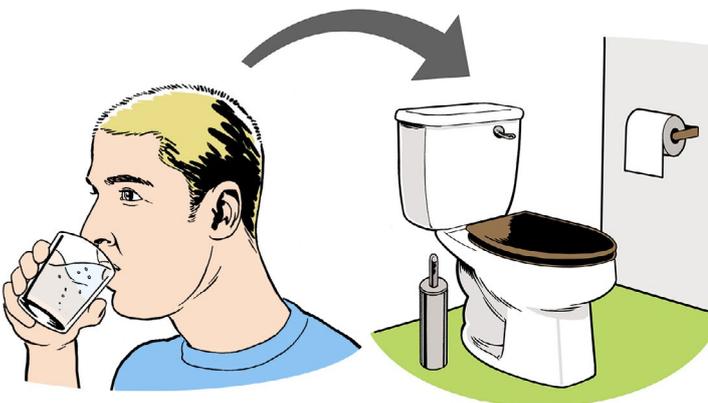
If you usually take tablets or other medicines, you will be told if you should stop taking them before the test. If you are not sure, ask your doctor or nurse.



Your doctor will tell you more about what you need to do.



Before you go for your test you may be sent some medicine to take. Or the medicine could be given to you at an appointment.



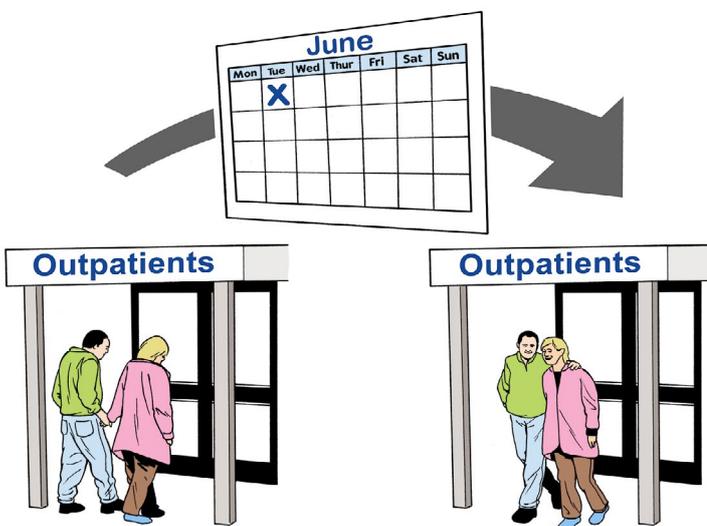
This medicine will make you poo a lot. This is so that your bowel is empty before the test.



Make sure you understand when to take this medicine. If you are not sure, ask for help.



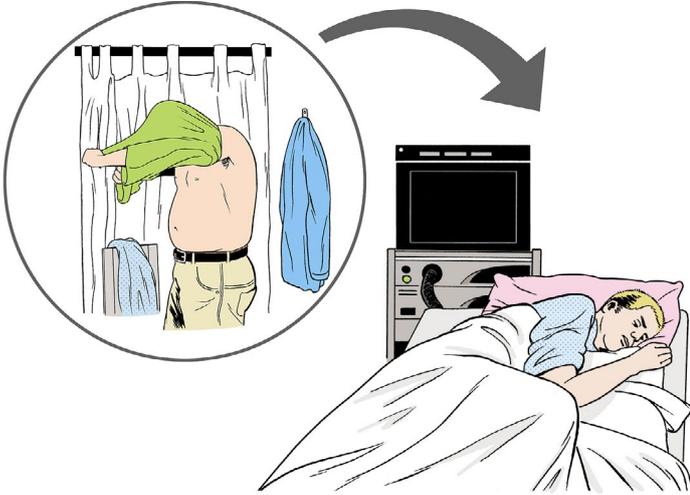
It is best to stay at home near a toilet after you have taken this medicine.



You can have these tests as an outpatient. This means you can go home afterwards and you will not have to stay in hospital overnight.



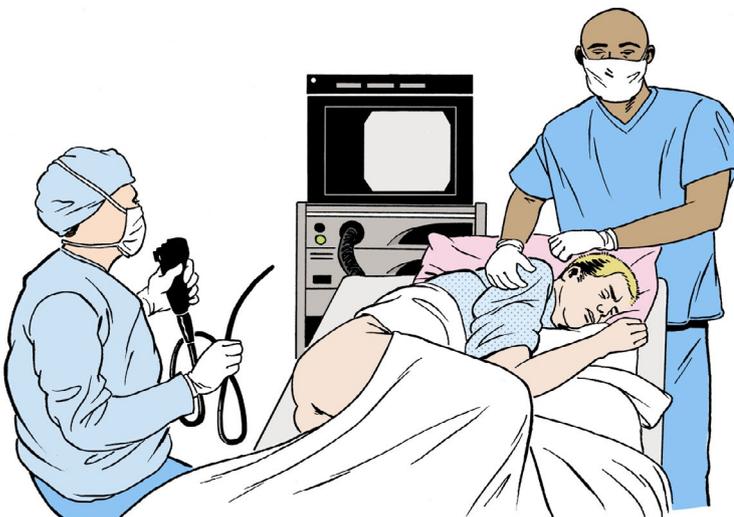
# What happens



At the hospital you will be asked to take off all your clothes including your underwear. You will be given a hospital gown to put on. Then you will lie on a bed.



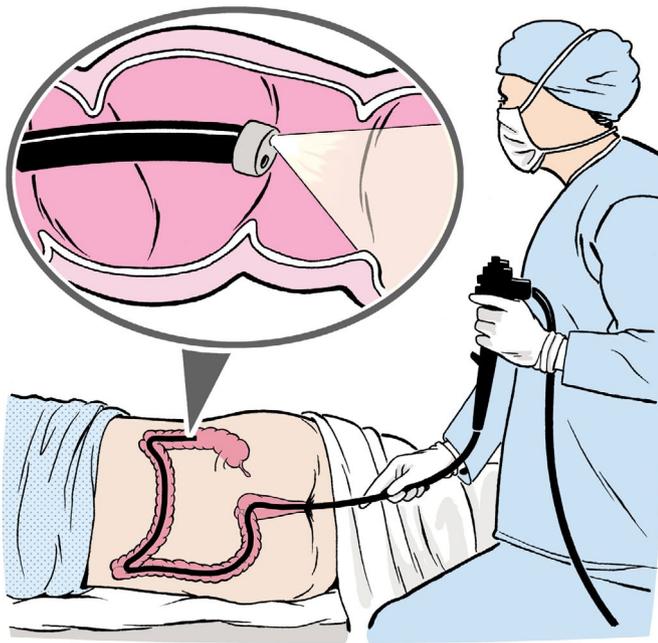
You may be given an injection which will make you feel sleepy. This is to stop you feeling any pain. This is called a **sedative**.



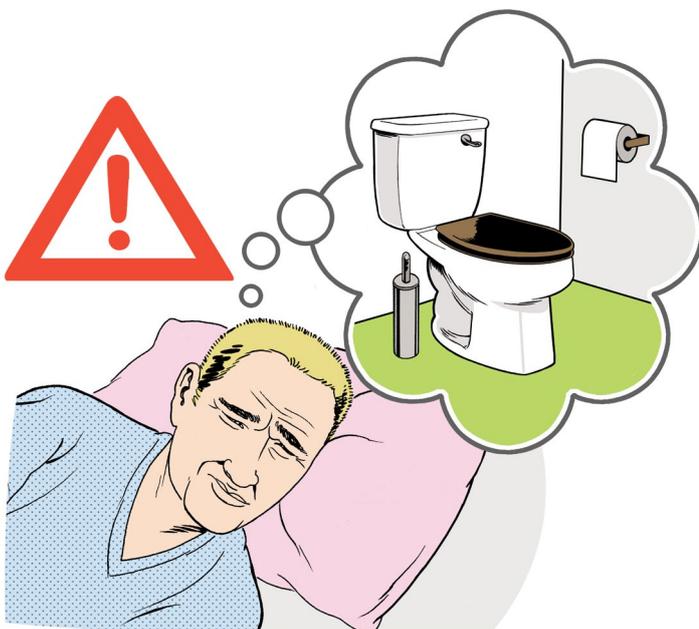
The doctor or nurse who is doing the colonoscopy will ask you to lie on your side. They can then put the tube into your bottom and look at your bowel.



It can be a bit of a shock when the tube goes into your bottom but it should not hurt. Tell the doctor if it hurts.



The tube has a tiny camera and light on the end of it. This means the doctor can see the inside of your bowel and check for anything that may be wrong.



Air will be put into your bowel to help the doctor to see better. This can feel strange. You may feel like you need the toilet.



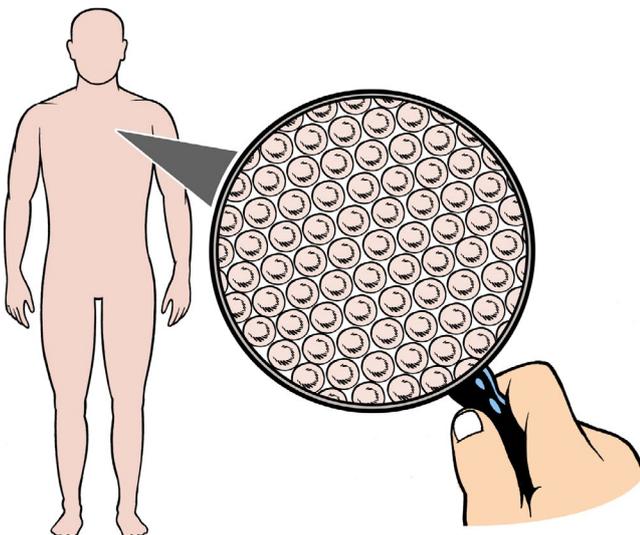
Do not worry about this feeling.  
It is just the air you can feel.  
There is no need to go to the  
toilet.



## Biopsy



Sometimes the doctor will take a  
sample of **cells** from inside you.  
After the test these cells will be  
checked under a **microscope**.



**Cells** are the tiny building blocks  
that make up people's bodies.



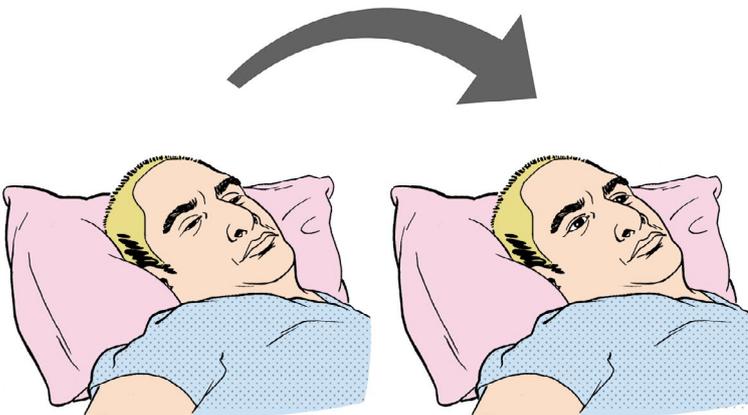
A **microscope** is what a doctor can use to look at very tiny things like cells. It makes the cells look a lot bigger so the doctor can see them.



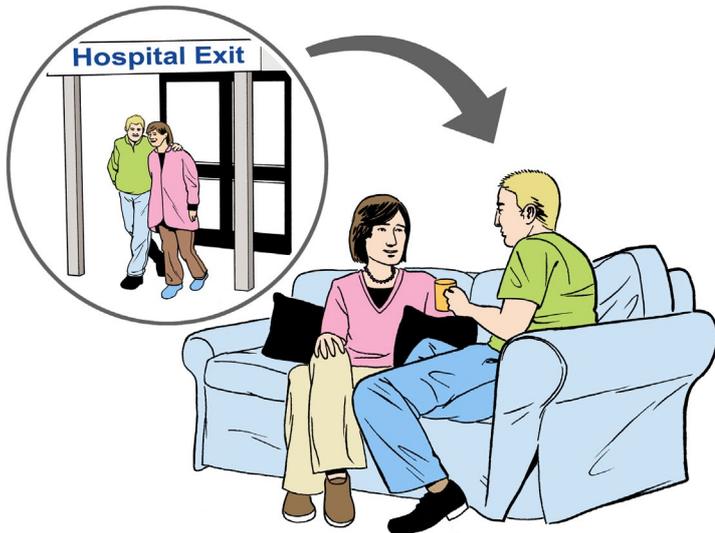
This sample of cells is called a **biopsy**. It will help the doctor decide if anything is wrong. You can learn more about this in our booklet, **Having a biopsy**.



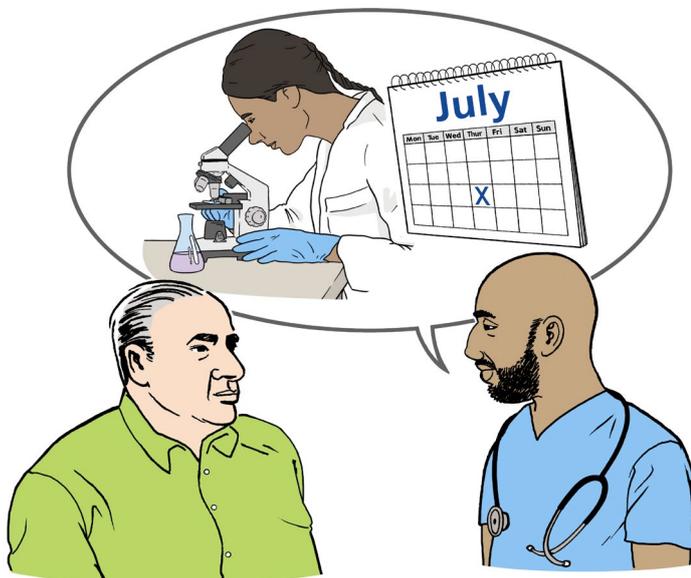
## After a colonoscopy



When the test is over you will be able to stay lying down until you feel you can get up.



If you have had a sedative, you will need someone to take you home. Then they will need to stay with you. Your doctor or nurse will tell them how long they need to stay.



It can take some time to get the results of your colonoscopy. Your doctor will tell you how long you may have to wait.



It can be worrying to wait for the results of medical tests. It may help to have someone to talk to while you are waiting. They can also support you when you get the results.



# How Macmillan can help you

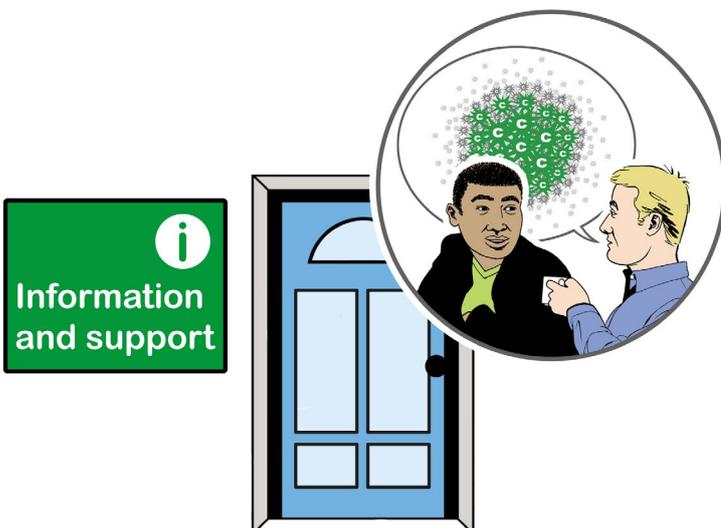


You can get support from:

- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit [macmillan.org.uk](http://macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](http://macmillan.org.uk/talktous)



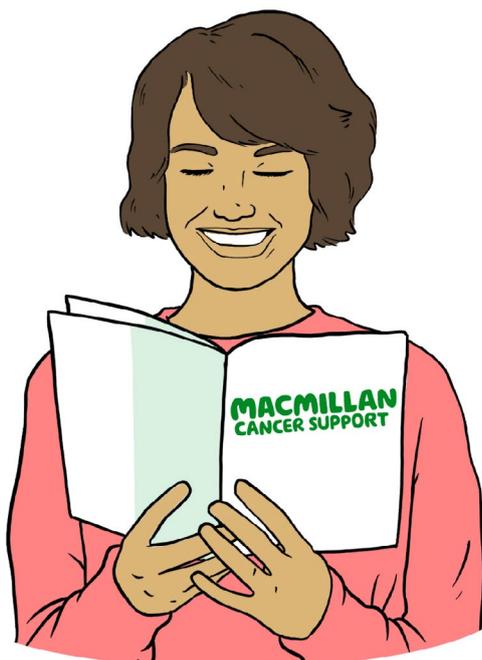
- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) or call us.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

### **Booklets about cancer**

You can order booklets about cancer from

[be.macmillan.org.uk](https://be.macmillan.org.uk)



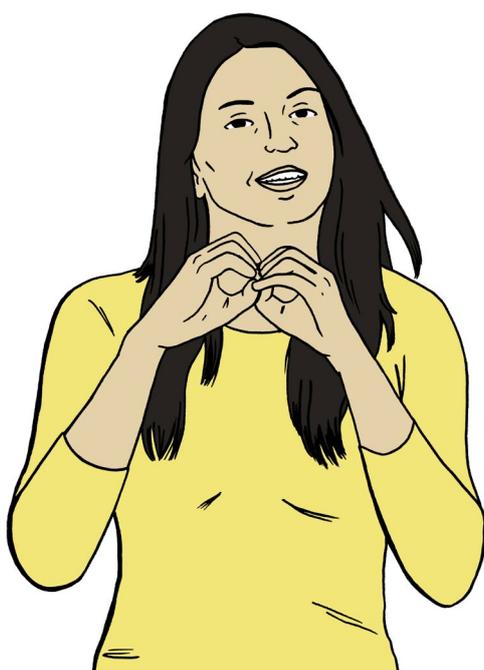
## Videos

You can watch videos about cancer at [macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



## Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



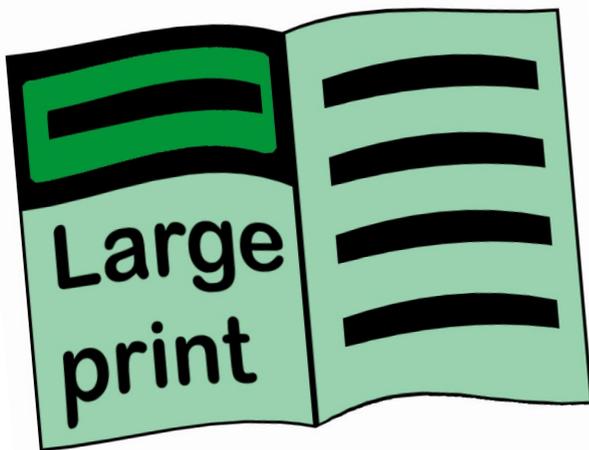
## British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



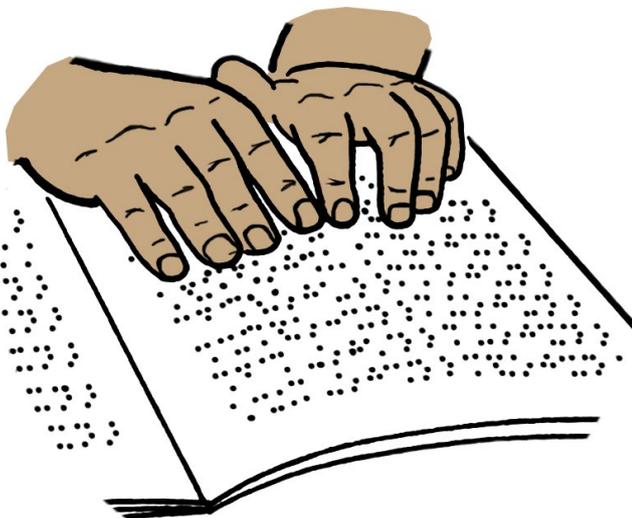
## eBooks

You can get eBooks  
about cancer from  
[be.macmillan.org.uk](https://be.macmillan.org.uk)



## Large print

Tell us if you need  
information in large print.  
Email: [cancerinformationteam  
@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



## Braille

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Email: [cancerinformationteam  
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# More easy read booklets



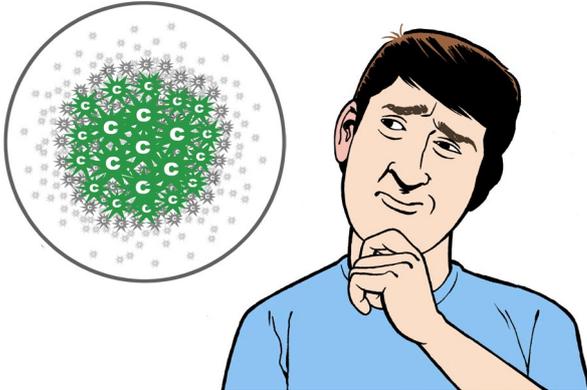
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



## About cancer

- Lung cancer
- What is cancer?



## Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls (testicles)
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



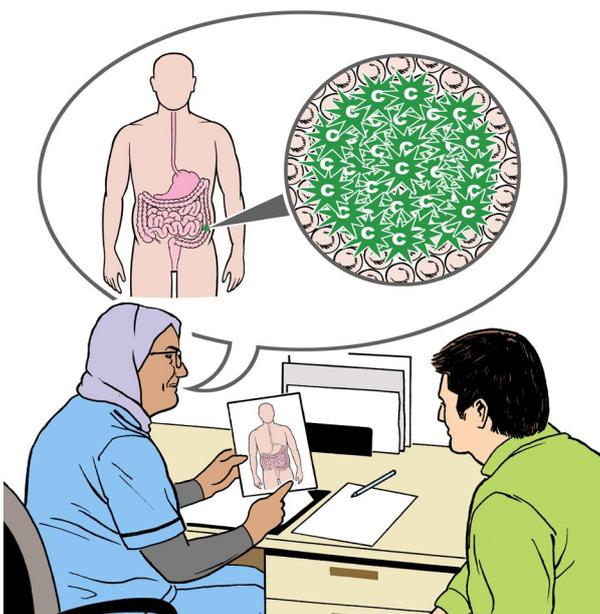
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex
- Stop smoking



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer

## Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Cancer and coronavirus
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer





## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



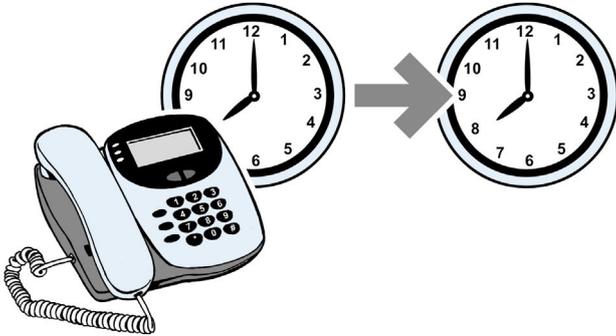
## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about having a colonoscopy.

It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:

**0808 808 00 00**

7 days a week from 8am to 8pm.



- If you use a textphone, you can call:

**18001 0808 808 00 00**



- Or go to the website

**[macmillan.org.uk](http://macmillan.org.uk)**

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

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*Patient Information Forum*



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