

# Bowel Screening

## What Happens Next

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An explanation of your test results  
and what happens next



**0800 294 3370**

**[www.bowelscreening.wales.nhs.uk](http://www.bowelscreening.wales.nhs.uk)**

We welcome phone calls in Welsh

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Available in  
other formats

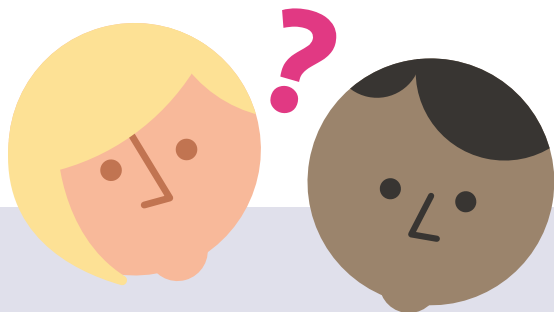
Thank you for taking the time to complete and return your bowel screening test kit. The test result showed that blood was found in your poo. This does not mean you have cancer. The result may have been caused by bleeding from polyps (small growths) or other conditions such as haemorrhoids (piles), rather than bowel cancer.

You probably have some questions on what happens next. We hope that this booklet will help to answer any questions you may have.

### What happens now?

We would like to offer you a telephone appointment with one of our Screening Nurses who will assess you and discuss further investigations (colonoscopy). This telephone call may last for up to an hour.

Please call the Freephone appointments helpline on **0800 294 3380** to arrange a convenient appointment time for a Screening Nurse to phone you.



### Assessment appointment

The Screening Nurse will phone you at the time arranged to discuss investigating your bowel (a colonoscopy). During the telephone appointment, the Screening Nurse will ask questions to see if you are fit for a colonoscopy. This will include questions about the following.

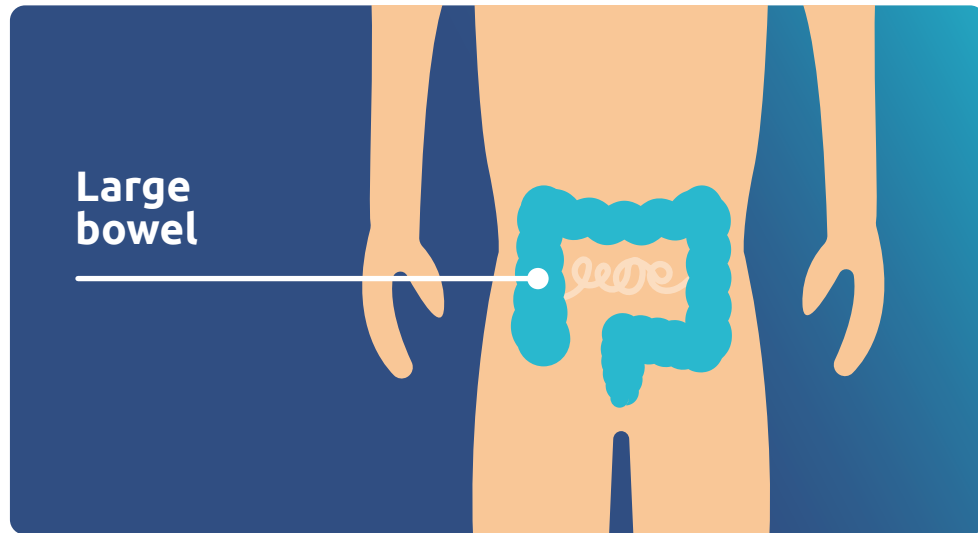
- Your general health
- Your medical conditions (such as diabetes or asthma)
- Operations you may have had
- Medications that you currently take

### The Screening Nurse will also discuss the following with you.

- What a colonoscopy is and why you are being offered one
- The risks and benefits of having a colonoscopy
- Whether you have received enough information from us to help you reach a decision on having a colonoscopy
- How to take the laxatives before you have the colonoscopy
- What you can and cannot eat before, during and after taking the laxatives
- Whether you want sedation or pain relief (or both) during the colonoscopy
- The types of sedation and pain relief available
- The effect of sedation and the do's and don'ts for your care after the colonoscopy

You will be able to discuss any concerns or questions you may have. The Screening Nurse may ask you to a face-to-face assessment if they need more information.

## What is a colonoscopy?



A colonoscopy is a way of looking at the lining of your large bowel (colon) to see whether there is any disease present. This test also allows us to remove polyps and take small samples of your bowel (biopsies) to analyse in the laboratory if necessary. A Screening Nurse will be with you during your colonoscopy.

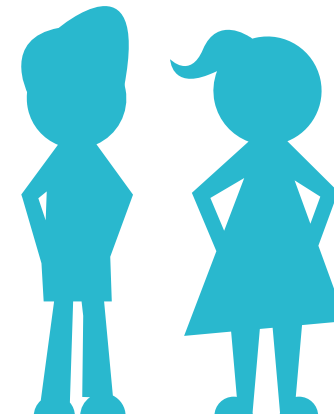
The instrument used is called a colonoscope (scope) and is flexible. Within each scope is a light which can be pointed onto the lining of your bowel. The pictures are shown on a screen so the colonoscopist can check whether or not you have any bowel disease or inflammation.

During the investigation the colonoscopist may be able to remove polyps or may need to take some small samples from the lining of your bowel for analysis. We will keep the samples and we may take a video recording and photographs for your records.

## What is a polyp?

A polyp is a small growth on the lining of the bowel that may be seen during the colonoscopy.

Polyps are usually removed as they may grow and cause problems later. This is called a polypectomy. Sometimes polyps develop into cancer.



## Preparing for the colonoscopy

### Eating and drinking

If you have a colonoscopy we need to see your lower bowel clearly. We will send you a laxative to empty your bowel. The laxative will give you diarrhoea, so you will need to stay close to a toilet once you start taking it. You may have some wind and cramp in your tummy while taking the laxative.

Your Screening Nurse will discuss with you what you can and cannot eat before, during and after taking the laxatives. We will send you laxatives in the post along with instructions. Please follow the instructions provided with the laxatives. If you have any questions, contact your Screening Nurse.

You can bring your own food to eat after your colonoscopy if you think you will feel hungry.

### Medicines

You should take most routine medicines as usual. There are some medications that you may need to stop taking before your colonoscopy, such as medication to thin your blood. Please tell your Screening Nurse if you are taking any medications.

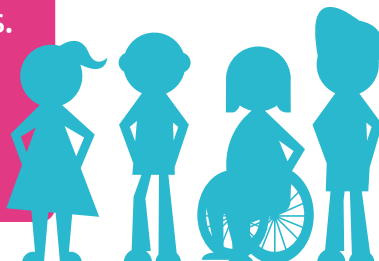
### Allergies

Tell your Screening Nurse if you think you have a latex allergy or any other allergies.

#### Remember

Bring a dressing gown and slippers.

Bring someone with you if you choose to have sedation or pain relief during the colonoscopy.



## How we use your details and information

Your details and information are kept confidential.

Occasionally, we are asked to provide information for research trials or audits. Each request for information is reviewed by the Director of the Screening Division and has to be approved both by the Director and the Caldicott Guardian (the person responsible for confidentiality and the use of personal information within Public Health Wales).

Most requests ask for anonymised information only (information that has had people's personal information removed), so you cannot be identified. We would only provide information that identified you after contacting you for your permission or if there is a lawful reason to do so.

We may also invite you to take part in research linked to the screening programme. If you decided not to take part, this would not affect the service you receive from the Screening Division in the future in any way.

We review the screening history of everyone diagnosed with bowel cancer (even very early cancer) who we have invited to take part in the bowel screening programme. You can see the results if you would like to.

There is more information  
on our website:

[www.bowelscreening.wales.nhs.uk/privacy-policy/](http://www.bowelscreening.wales.nhs.uk/privacy-policy/)



# More information

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If you have any questions about bowel screening, or would like information in:

- Easy Read
- British Sign Language (BSL)
- audio
- large print, or
- Welsh (see reverse of this booklet)

visit our website

[www.bowelscreening.wales.nhs.uk](http://www.bowelscreening.wales.nhs.uk)

or call the Freephone helpline on

**0800 294 3370**

This booklet is also available in:

Arabic, Bengali, Cantonese, French, German, Italian, Malayalam, Mandarin, Polish, Portuguese, Punjabi Indian, Slovak, Somali, Spanish, Tagalog and Urdu.

We welcome correspondence and phone calls in Welsh. We will respond to correspondence in Welsh without delay.

