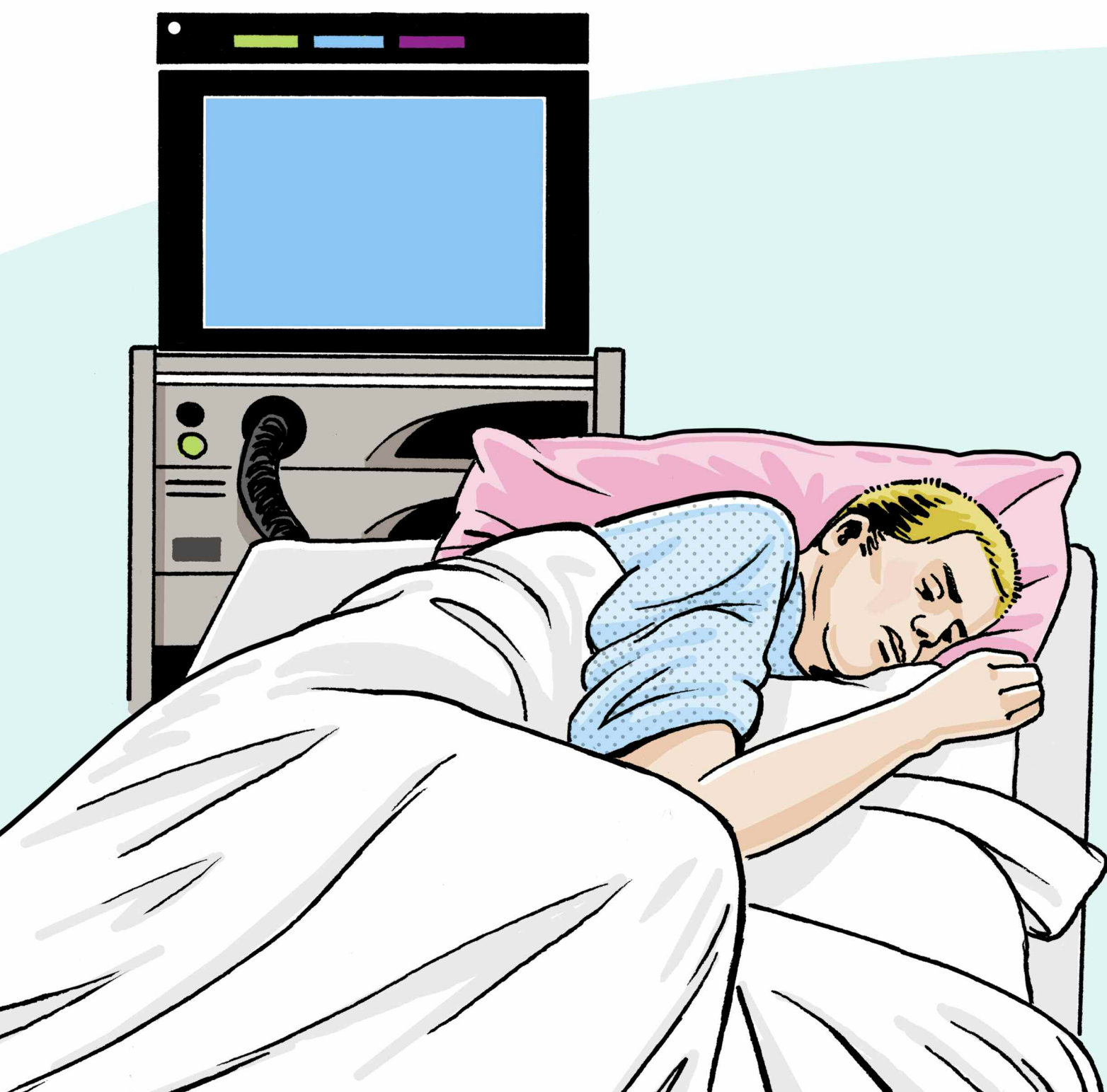


# Having a colonoscopy

Diagnosis and Treatment



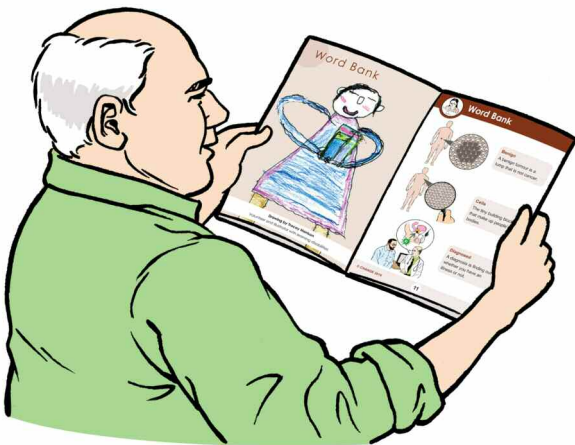
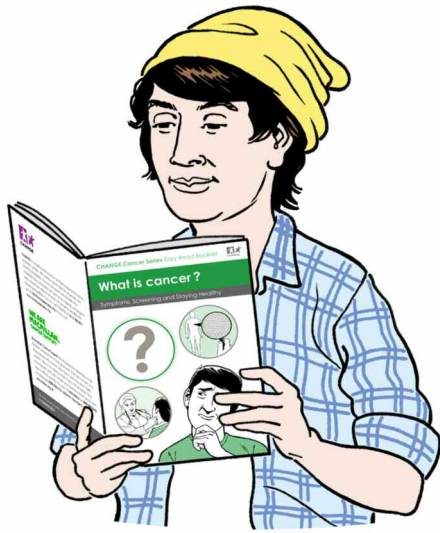
# Introduction

This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

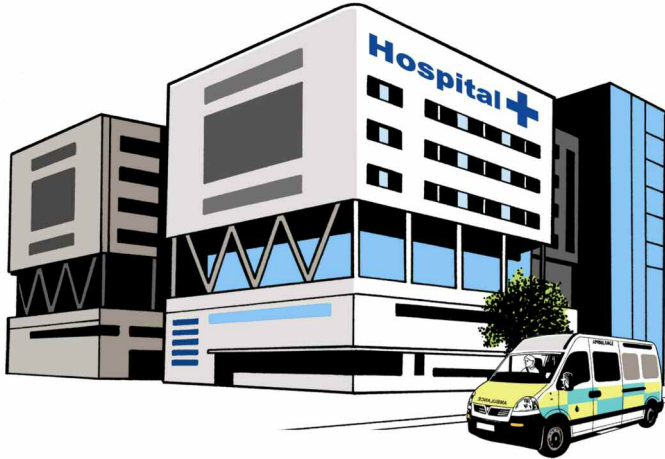
This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.



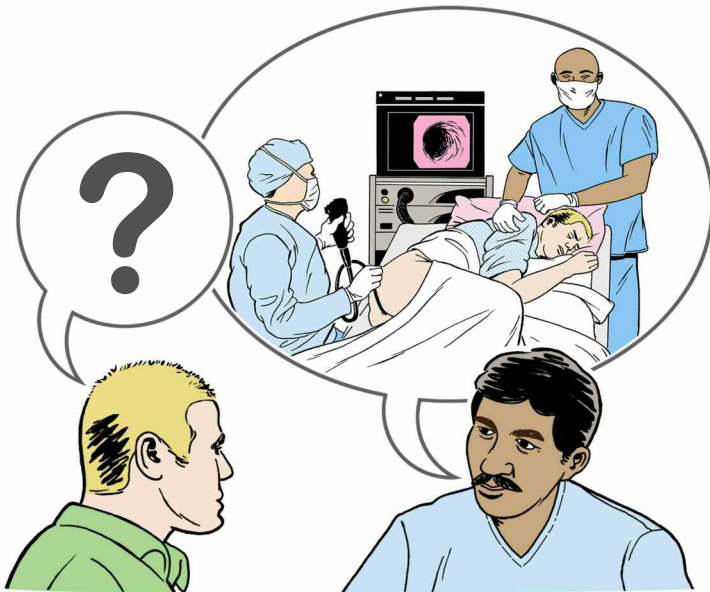


# Having a colonoscopy

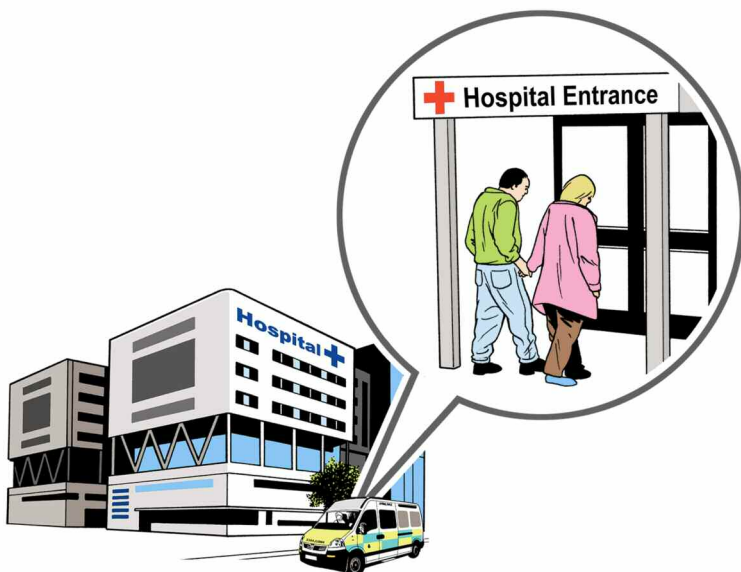
## Having tests at the hospital



Here are some things you might want to do if you need to have tests at the hospital.



- Ask the nurse, doctor or your supporter to explain everything they are going to do before they do it.



- It could be a good idea to visit the hospital with your supporter before you go for the tests. Then you will know what it is like.





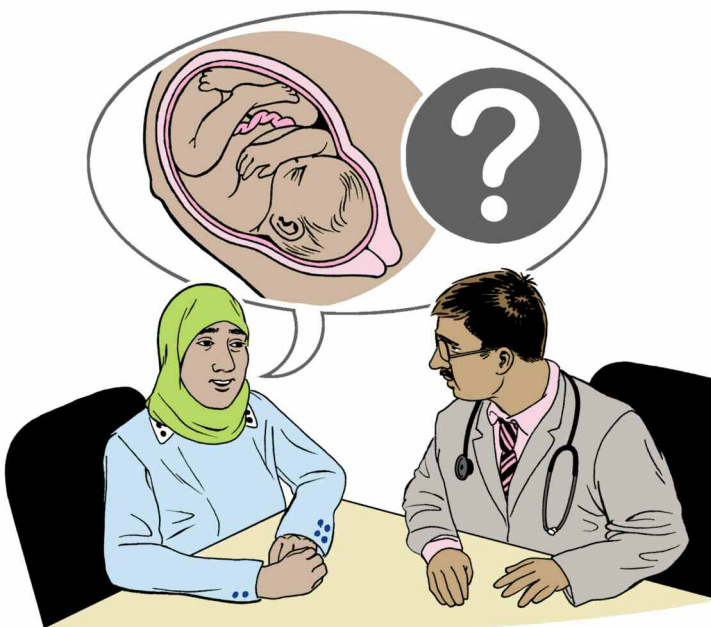
# Having a colonoscopy



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



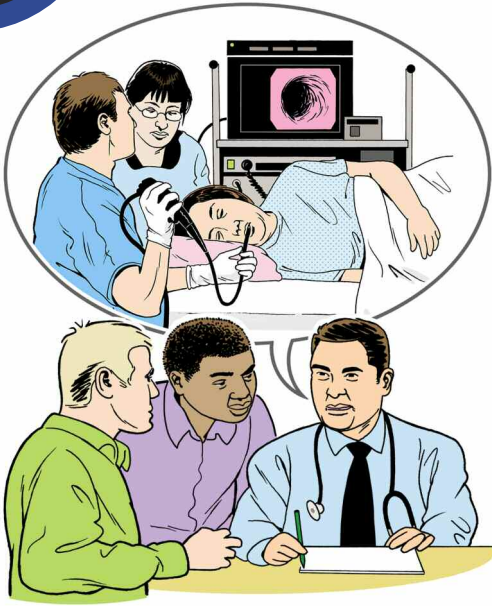
- Some tests can hurt your baby if you are pregnant. So it is very important to tell the nurse, doctor or your supporter if you are pregnant.



Tell them if you think you might be pregnant - even if you're not sure.

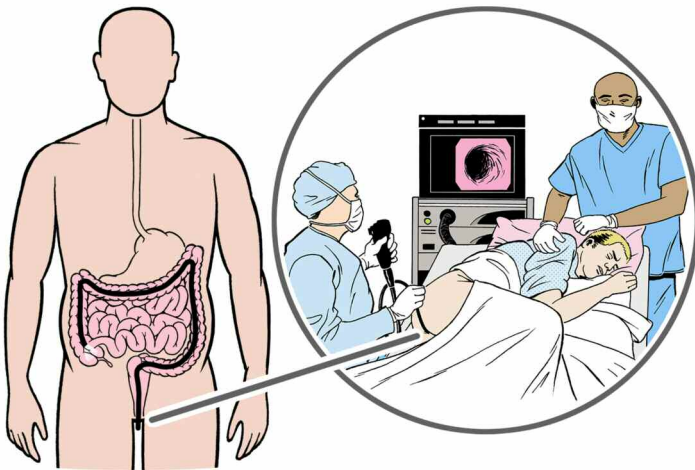


# Having a colonoscopy

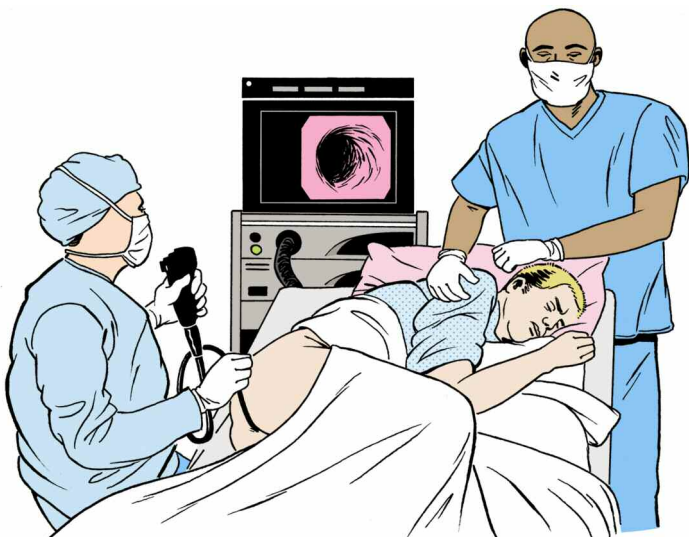


There are different tests that you may have to have. Usually you will need more than one test to find out what's wrong.

## Colonoscopy



Looking up your bottom to check your **bowel** is called a **colonoscopy**.



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



# Having a colonoscopy



Your doctor may send you for this test if you:

- Are bleeding from your bottom



- Need a poo more often than usual or have runny poo (**diarrhoea**)

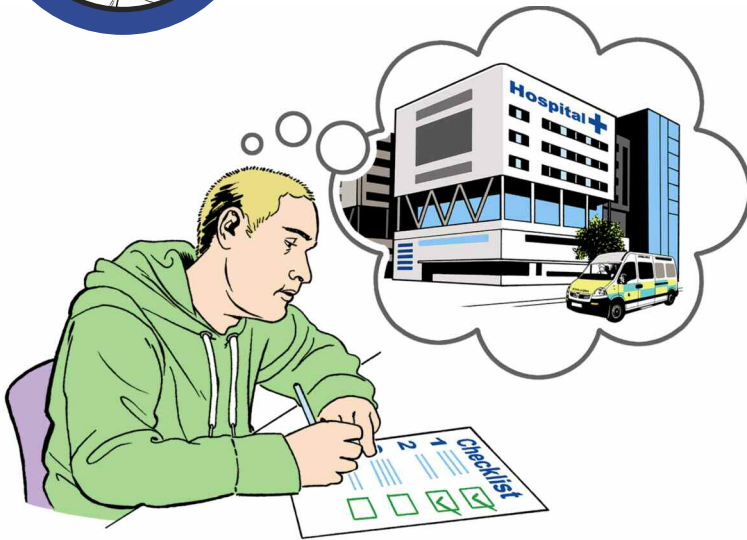


- Have a pain or lump in your tummy





# Having a colonoscopy



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



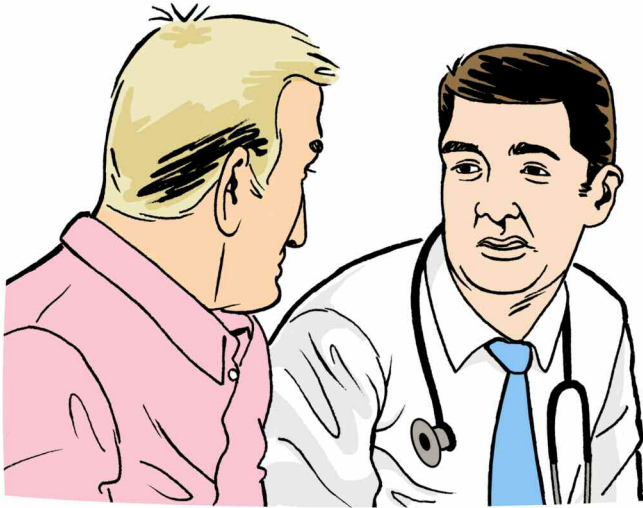
You may be asked to change what you eat and drink for a few days before your test.



You may also be asked not to eat or drink anything for a few hours before your test.



# Having a colonoscopy



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



Before you go for your test you will be sent some medicine.



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





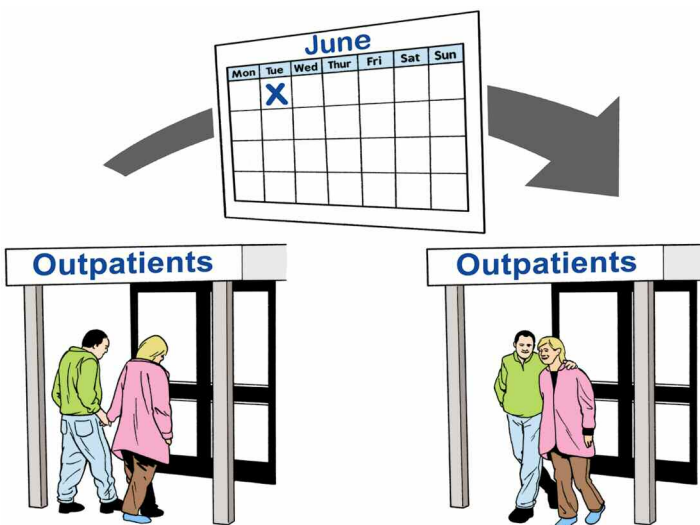
# Having a colonoscopy



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



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

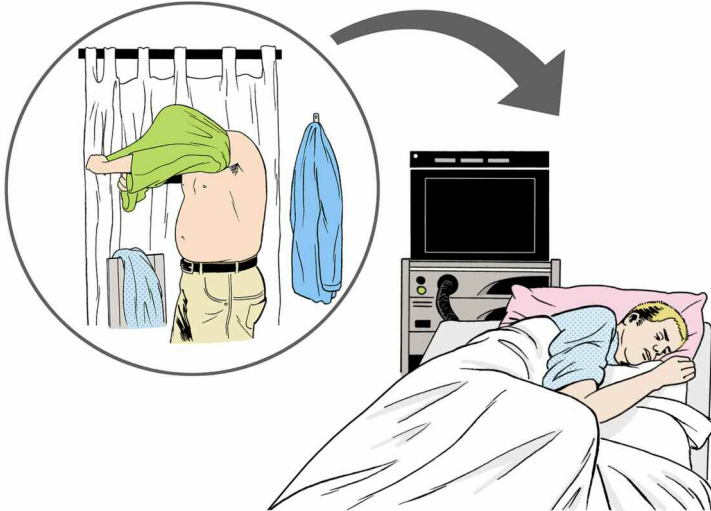


The test does not take long. You will visit the hospital for the test and then go home after. You will not need to stay overnight.

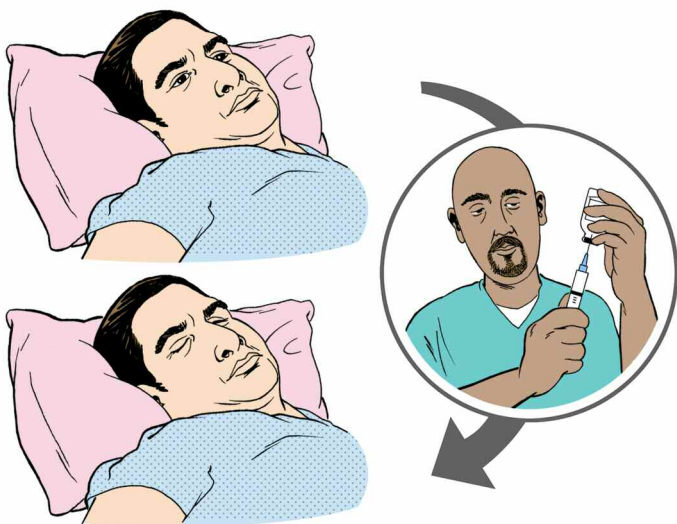


# Having a colonoscopy

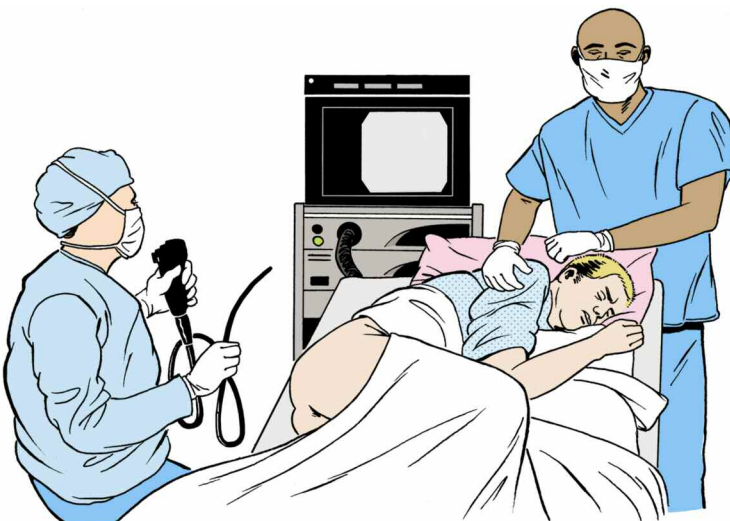
## Colonoscopy - what happens



You will be asked to undress and put on a hospital gown. Then you will lie on a bed.



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



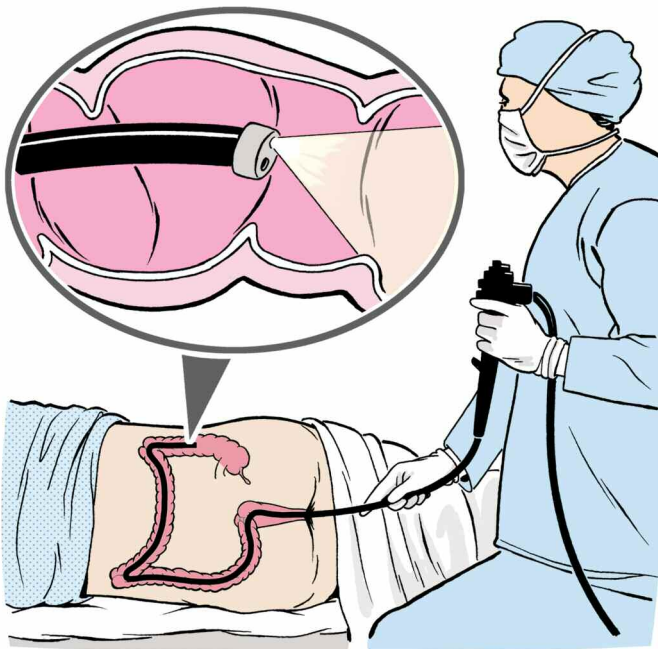
The doctor or nurse who is doing the colonoscopy will ask you to move into the right position. This means lying on your side. They can then put the tube into your bottom and look at your bowel.



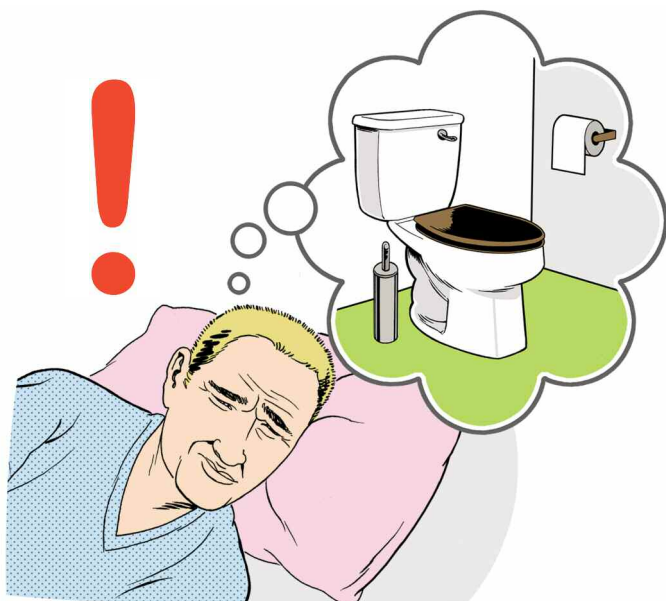
# Having a colonoscopy



It can be a bit of a shock when the tube goes into your bottom but it shouldn't hurt. Tell the doctor if it hurts too much.



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.



Some air will be put into your bowel. This helps the camera to see more easily. This can feel very strange. You may feel like you want to go to the toilet.





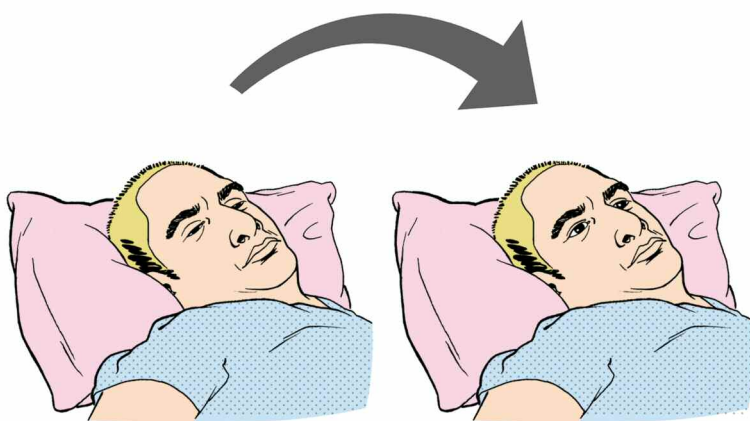
# Having a colonoscopy



You don't have to worry about this feeling. It is just the air you can feel. There is no need to go to the toilet.



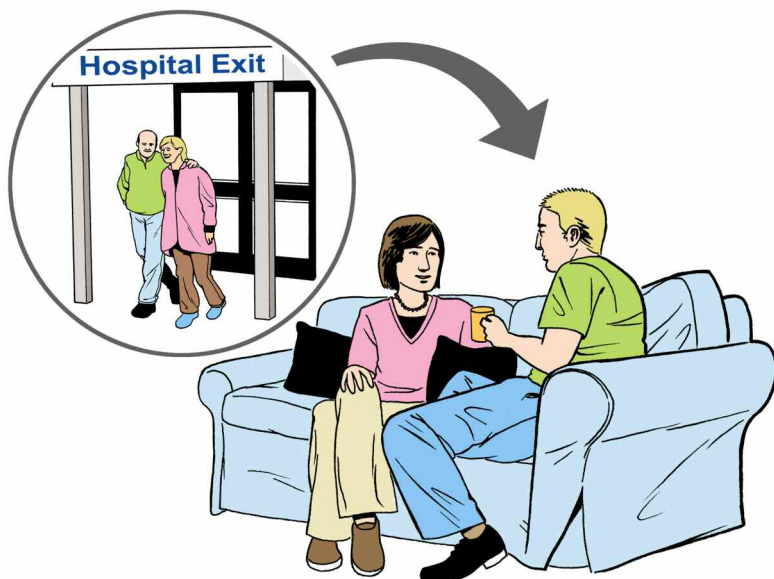
When the test is done you might have some air coming out of your bottom. This can be embarrassing but try not to worry. This is normal after the test and will soon stop.



When the test is done you will be able to stay lying down until you feel more awake.



# Having a colonoscopy



You will need someone with you to help you get home and stay with you afterwards.



# Word Bank



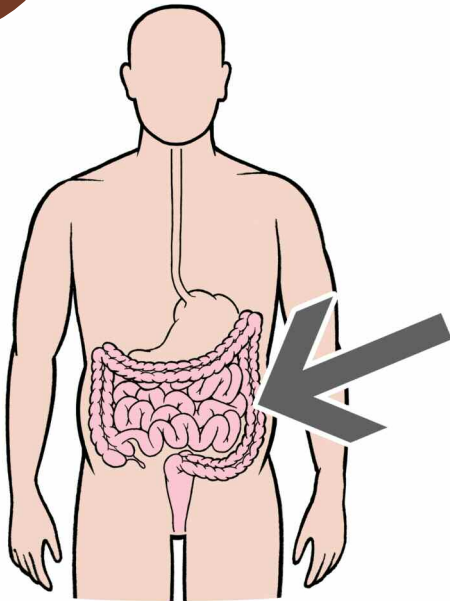
**Drawing by Tracey Harrison**

Volunteer and Illustrator with learning disabilities



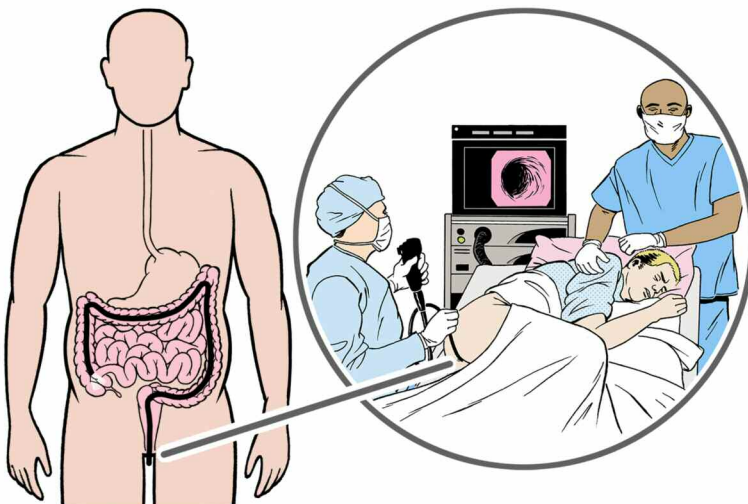


# Word Bank



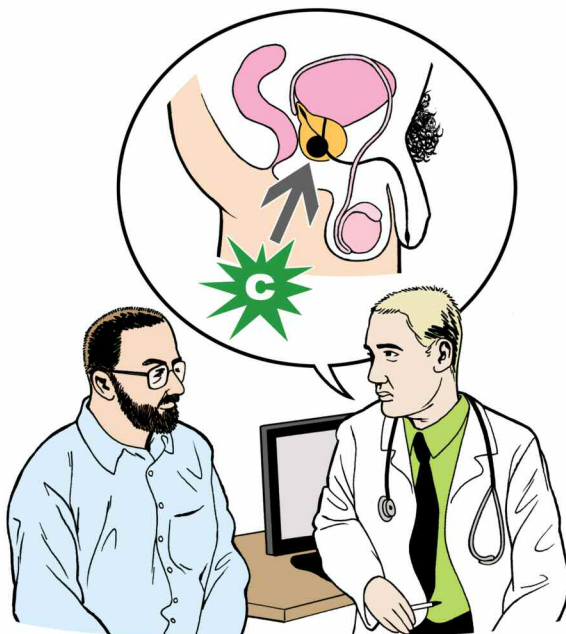
## Bowel

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



## Colonoscopy

A test that lets the doctor look up your bottom and into your bowel. They use a long bendy tube with a tiny camera and a light on the end.



## Diagnosis

A diagnosis is finding out whether you have an illness or not.

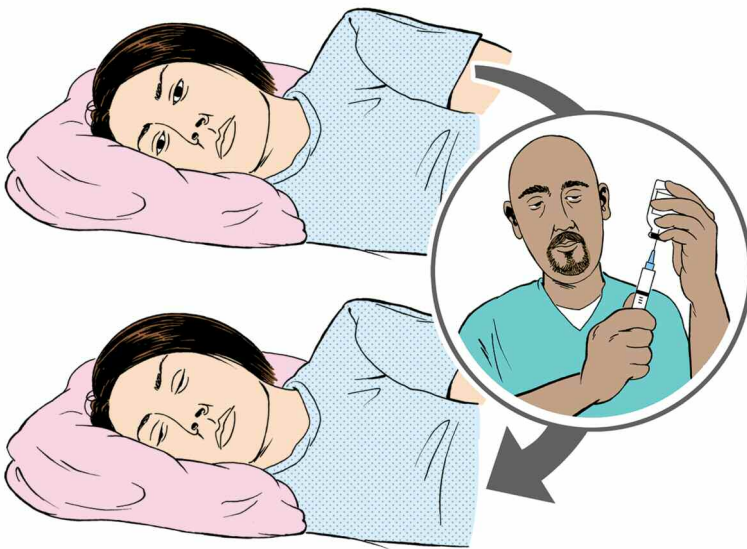


# Word Bank



## Diarrhoea

This is when your poo is watery and runny.



## Sedative

This is a drug to make you feel more relaxed and sleepy.



# Notes

© CHANGE 2016



# Useful contacts



**Drawing by Tracey Harrison**

Volunteer and Illustrator with learning disabilities





# Useful contacts

## Helpful organisations

### Cancer Research UK

A charity that is researching treatments for cancer. Its website has lots of information about cancer.

**Phone:** 0808 800 4040

**Web:** [www.cancerresearchuk.org](http://www.cancerresearchuk.org)



### Macmillan Cancer Support

A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.

**Phone:** 0808 808 00 00

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

### NHS Contacts

These contacts give you information about your health and health services:

England and Scotland **Phone:** 111

Wales **Phone:** 0845 46 47

Northern Ireland **Web:** [www.hscni.net](http://www.hscni.net)

### Paul's Cancer Support Centre

Gives help, information and complementary therapies to people with cancer.

**Phone:** 0207 924 3924

**Web:** [www.paulscancersupportcentre.org.uk](http://www.paulscancersupportcentre.org.uk)



# Useful contacts

## **RESPOND**

Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.

**Phone:** 0808 808 07 00

**Web:** [www.respond.org.uk](http://www.respond.org.uk)

## Written and audio material

### **Books Beyond Words**

A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.

**Web:** [www.booksbeyondwords.co.uk](http://www.booksbeyondwords.co.uk)

**Phone:** 020 8877 9799

**Email:** [admin@booksbeyondwords.co.uk](mailto:admin@booksbeyondwords.co.uk)

### **FAIR Multimedia**

Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.

**Email:** [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

**Phone:** 0131 662 1962

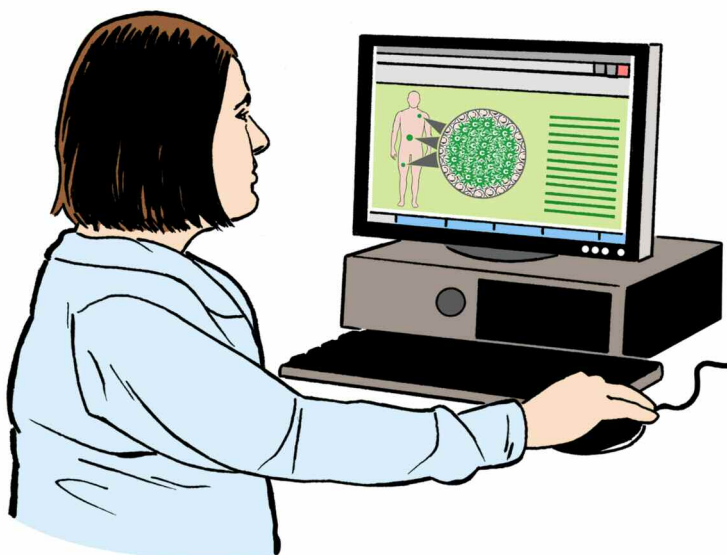
**Web:** [www.fairadvice.org.uk/health-publications.php](http://www.fairadvice.org.uk/health-publications.php)





# Useful contacts

## Online help



### **[www.easyhealth.org.uk](http://www.easyhealth.org.uk)**

Has lots of online health information that is easy to understand.

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

Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.

## Videos and DVDs

### **Leeds Animation Workshop**

Has animated films on social issues for people with learning disabilities. There is one called 'Getting Better' about going to the doctor and the health clinic.

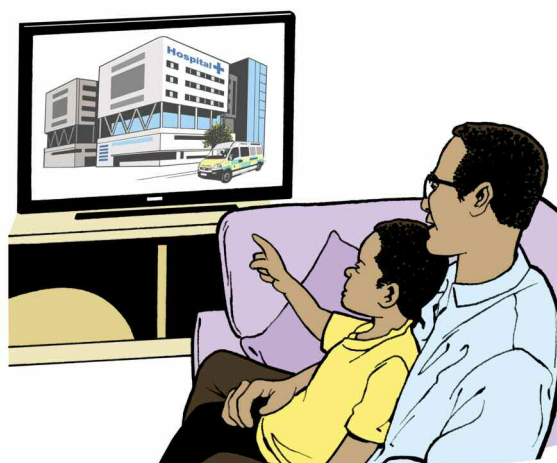
**Phone:** 0113 248 4997

**Web:** [www.leedsanimation.org.uk/index.html](http://www.leedsanimation.org.uk/index.html)

### **Speak Up Self Advocacy**

Has DVDs and booklets for people with learning disabilities about health and illness.

**Web:** [www.speakup.org.uk](http://www.speakup.org.uk)





**CHANGE** is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on **0113 242 6619**, email **info@changepeople.org** or find us at **www.changepeople.org**

## **WE ARE MACMILLAN. CANCER SUPPORT**

**Macmillan Cancer Support** has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call **Macmillan** on **0808 808 00 00** or textphone **0808 808 0121 (Mon–Fri, 9am–8pm)**. Or go to **macmillan.org.uk**

This easy read booklet was produced by CHANGE

© **CHANGE 2016**