

# Bowel Screening What Happens Next

---

Understanding your test results  
and what happens next.



**0800 294 3370**

**[www.phw.nhs.wales/bowel-screening](http://www.phw.nhs.wales/bowel-screening)**

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

Version V6 01/2024



This leaflet is  
available in  
other formats

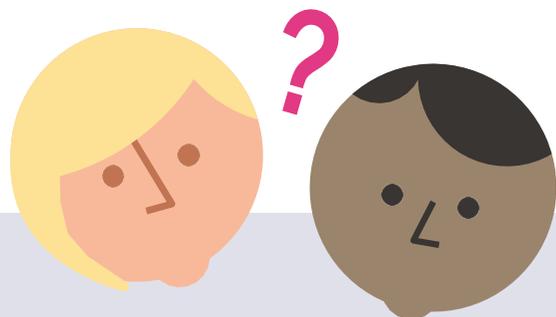
Thank you for taking the time to complete and return your bowel screening test kit. The test result showed that blood was found in your poo. Blood in your poo can be a sign of bowel cancer or of other changes such as polyps (small growths). Sometimes the blood can be there because a polyp has bled, or from 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 helpline on **0800 294 3370** 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:

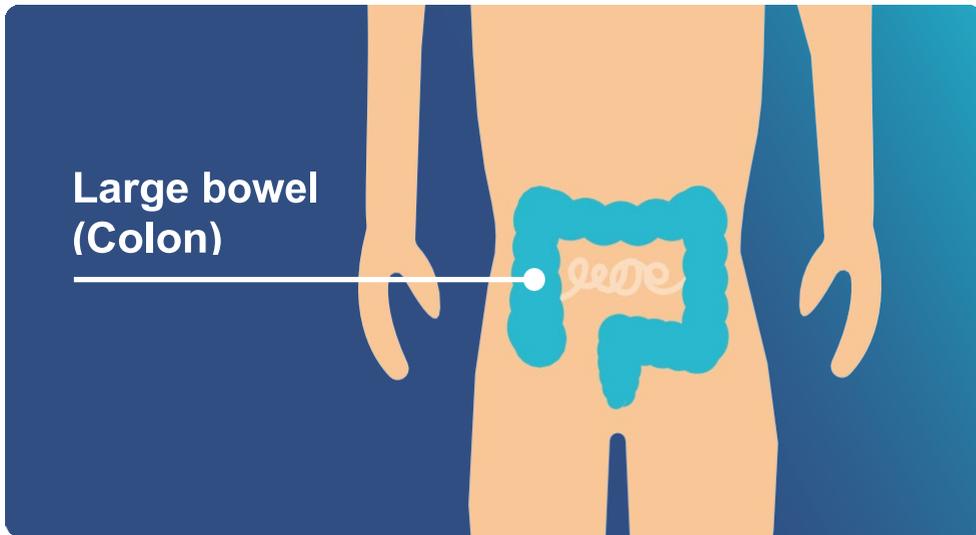
- Your general health
- Your medical conditions (such as diabetes or asthma)
- Operations you may have had
- Medications that you currently take

### 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 attend 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) where a flexible tube with a small light and a camera at one end (colonoscope) is put into your bottom to see whether there is any disease present.

As the colonoscope moves through your bowel, the camera is used to take pictures and videos for the colonoscopist to check whether 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 to check in the laboratory.

## What is a polyp?

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

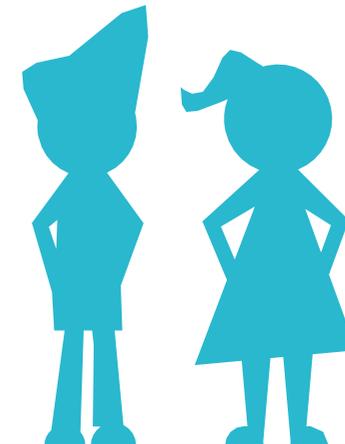
Polyps are usually removed as they may grow and cause problems later. This is called a polypectomy. Sometimes polyps develop into cancer.

## Preparing for the colonoscopy

### Eating and drinking

If you have a colonoscopy we need to see your 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.

It is normal to have some wind and cramps 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

Please call the freephone helpline to book your appointment with a Screening Nurse on 0800 294 3370.

Please read all the information sent with this booklet.



### How we use your details and information

Your details and information are kept confidential.

To find out more about how Bowel Screening Wales uses your personal details, please visit our website.

There is more information on our website:

[www.phw.nhs.wales/services-and-teams/screening/bowel-screening/privacy-policy/](http://www.phw.nhs.wales/services-and-teams/screening/bowel-screening/privacy-policy/)

# More information

---

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.phw.nhs.wales/bowel-screening](http://www.phw.nhs.wales/bowel-screening)**

or call the Freephone helpline on:

**0800 294 3370**

or email us:

**[Bowel-screening@wales.nhs.uk](mailto:Bowel-screening@wales.nhs.uk)**

You can contact us in Welsh or English. It will take us the same amount of time to answer you, whichever language you choose.

