

What should I do if I have problems with transport?

It is **not** advisable to travel long distances by public transport because of the **effects of the bowel preparation, the sedation and the possible 'windy' discomfort following colonoscopy.**

If you are not able to arrange your transport to the hospital with family or friends there are various different patient transport services available.

Transport Access Patients (TAPs) 01872 223388 – a small charge per mile is payable. If you are in receipt of certain benefits and require financial help with your transport you can claim your expenses, either when you attend for the test or by post within 3 months.

There are various different community transport schemes throughout Cornwall – please contact the General Office at Royal Cornwall Hospital on 01872 252690. They will be able to advise you of your best option.

Details are also available on the Community Transport Schemes page of the Cornwall Council website and are regularly updated.

If you have any problems arranging transport please let us know us and we will discuss it on an individual basis.

Contact us

If you have any further questions please do not hesitate to contact us:

Cornwall Bowel Cancer Screening Centre
Tel: 01872 252076

If you would like this leaflet in large print, braille, audio version or in another language, please contact the Patient Advice and Liaison Service (PALS) on 01872 252793



Following your assessment clinic appointment

Bowel Cancer Screening Centre



One + all | we care

Following your assessment clinic appointment

Specialist Screening Practitioners (SSP)

Rebecca Warren, Christine Taylor, Patsy Petruske, Heidi Duckworth and Helen Anderson.

The specialist nurse you have seen today is:

.....

She has discussed with you:

- the Bowel Cancer Screening Programme
- your health assessment
- colonoscopy risks and benefits
- sedation and alternatives
- bowel preparation – **please follow separate information leaflet**
- consent
- your home situation – if you live alone
- transport – to the hospital for the diagnostic test
- your appointment for your diagnostic test
- any alternative test, if necessary
- any questions you may have.

Your screening appointment is:

.....

Endoscopy Unit
1st Floor Tower Block
RCHT
Truro
TR1 3LJ

Main Reception
West Cornwall Hospital
RCHT
Penzance
TR18 2PF

Main Reception
NHS Treatment Centre
Boundary Road
Bodmin
PL31 2QT

Will I have sedation?

The sedation offered for colonoscopy is known as conscious sedation. If **you choose** to have sedation you should be aware that it can remain in your system for up to 24 hours and may cause drowsiness and forgetfulness, therefore:

- you need somebody to drive you home
- you need somebody to stay with you at home for a minimum of 12 hours
- **do not** drive or operate machinery for 24 hours (for insurance reasons)
- you may wish to have a relative or friend with you following the colonoscopy when the results are discussed.

What happens if I live alone?

If you live alone, and want sedation but are not able to arrange somebody to stay with you, you will need to have an early morning appointment and stay for a longer period in the Endoscopy Unit. You will then be transferred to the discharge lounge until you are safe to be discharged home alone. If this is the case you may need to arrange your transport to collect you from there.

Are there any alternatives to sedation?

Yes, there are alternatives to sedation:

- **Analgesia** – a strong pain killer which has similar effects to sedation but has a shorter duration. You would still be advised to follow the guidelines for sedation.
- **Entonox** – also known as gas and air (50% Nitrous Oxide / 50% Oxygen). Entonox is a very effective analgesia with rapid onset and rapid recovery. The use of Entonox has been shown to be very effective when used during colonoscopy. The benefits of using Entonox are that you are in control of your pain relief, you can drive after 30 minutes and you do not need anybody to stay with you. **(Please note that Entonox is not suitable for everybody, please ask for advice).**

If you find the procedure very uncomfortable it may be possible to have a combination of the above – sedation, analgesia and Entonox.