

LOWER ENDOSCOPY WITH BIOPSIES

You will be called with the date and time of your child or youth's procedure. Please arrive two hours before the start time at CHEO's Day Care Surgery (Level 3).

Important

If your child or youth is sick the day before the endoscopy, call 613-737-7600 ext. 2447. On weekends, or after 4:00, call CHEO's Admitting Department 613-737-7600 ext. 2310.

Call if your child or youth has:

- a cough or cold
- wheezing
- any contagious disease, like chicken pox, mumps, measles, etc.
- fever
- vomiting or diarrhea



How do I prepare my child for a lower endoscopy?

Your child or youth must have an empty stomach and bowel for a lower endoscopy. Patients must have an empty stomach before having an anesthetic. The bowel must be empty so the doctor can examine the entire lining of the bowel properly. It takes 1 to 2 days to clean out the bowel before a lower endoscopy. The GI Nurse Case Manager will review the bowel clean out procedure with you and will give you written directions to follow. Follow these instructions carefully. We will have to re-schedule the colonoscopy if there is stool left in the bowel. Do not give your child any fluids with red or purple colouring during the bowel prep.

What will happen during the endoscopy?

- an anesthesiologist will give your child or youth special IV (intravenous) sleep medicine (anesthetic) to put them to sleep during the procedure – they may also have a breathing tube
- a doctor uses a long, flexible tube (endoscope) to look into the rectum and large intestine (bowel or colon)— they may also use the endoscope to take small tissue samples (biopsies) from these areas

What happens after the procedure?

Your child or youth:

- will wake up in the PACU (post anesthetic care unit)
- may have gas pains
- may pass a lot of gas
- may have a little blood in the next few stools
- may have a scratchy throat (if they had a breathing tube during the lower endoscopy)
- will have an IV until they are able to drink enough fluids

What happens when we get home?

Your child or youth can gradually go back to a regular diet. Start with clear fluids, then fluids like milk and then soft foods. Your child or youth can go back to usual activities the day after the lower endoscopy.

When can we get the biopsy results?

The results are sent automatically to the doctor who referred you to CHEO. We will follow up with you by phone, or at your next clinic visit if the biopsy results were not normal.

Questions?

For questions about the endoscopy or getting ready:

Gastroenterology Nurse Case Manager
613-737-7600 ext. 2516

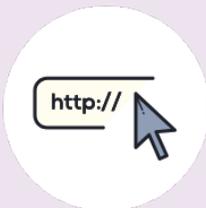
To confirm or reschedule the endoscopy:

GI Procedure Booking Clerk
613-737-7600 ext. 2447

Have you registered for MyChart?

MyChart is a **FREE** secure, online patient portal that connects patients to parts of their CHEO electronic health record, anywhere, at any time.

To apply for MyChart access, visit cheo.on.ca/mychart and fill out the MyChart access request form. Once your application has been approved, we'll send you an email with an activation code and instructions on how



Need more information?

[Cheo.on.ca](http://cheo.on.ca) is the best place to find information on CHEO's programs and services and learn about a variety of health topics for children and youth. Visit our online resource section to access CHEO-recommended websites, books, apps, videos and more!