

Colonoscopy



What To Expect After Colonoscopy

- After colonoscopy you will be monitored in recovery for approximately 30 minutes, or until most of the sedative has worn off.
- While you may feel alert after the procedure, anesthesia can impair your judgement and reflexes for the remainder of the day.
- It is required to have someone drive you home following the procedure.
- Do not operate machinery, drive or make important decisions on the day of your procedure.
- Bloating may be experienced for a short time after the procedure due to air that was utilized during the exam.
- A normal diet may be resumed unless instructed otherwise.
- Findings from the procedure will be discussed with you before leaving. If biopsies were taken, it may take up to a week to receive those results.

Can Colonoscopy Cause Complications?

- Colonoscopy is a common outpatient procedure that is proven to be safe.
- Complications are rare but can occur.
- Discuss any concerns you have with your physician prior to colonoscopy.

Seek care right away if you have any of the following symptoms post procedure:

- ▶ Fever
- ▶ Nausea
- ▶ Trouble breathing
- ▶ Vomiting
- ▶ Abdominal pain
- ▶ Frequent bloody stool

Points To Remember

- ➔ Colon cancer is one of the most preventable types of cancer. Screening colonoscopy should begin at age 50 for the general population, earlier in higher risk individuals.
- ➔ Most colon polyps can be removed at the time of colonoscopy.
- ➔ Colonoscopy is performed under sedation. You will not be awake and there will be no pain. Normal activities can be resumed the next day.
- ➔ A driver must be present to transport you home post procedure. You cannot drive following anesthesia.
- ➔ The risk for complication during colonoscopy is very low. Less than 1 in 1000 will experience any complication.

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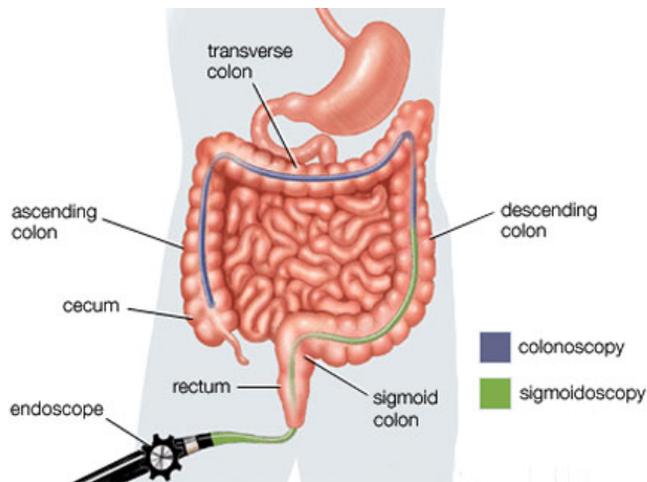
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What Is A Colonoscopy?

- Colonoscopy is a procedure used to directly visualize the lining of the large intestine, also known as the colon.
- The procedure is completed with a colonoscope - a thin flexible tube with a light source and camera at the end.
- While under sedation, the colonoscope is inserted into the anus then onward thru the large intestine.
- Images from the colonoscope are transmitted to a video monitor viewed by the physician during the exam. Photographs can be captured.
- Biopsies and therapeutic procedures may also be performed during colonoscopy by passing instruments thru the colonoscope.



Why Is Colonoscopy Necessary?

- The most common reason for colonoscopy is to screen for colon polyps.
 - Colon cancer is one of the most preventable types of cancer
 - Most colorectal cancers begin as a polyp - an abnormal growth in the lining of the colon
 - Colonoscopy can detect and remove polyps
- Colonoscopy may be used to further evaluate gastrointestinal complaints.

Symptoms may include:

- Abdominal pain
 - Lower gastrointestinal bleeding
 - Constipation
 - Diarrhea
 - Unexplained weight loss
- Patients with inflammatory bowel disease (crohn's disease, ulcerative colitis) or history of colon polyps need surveillance colonoscopy at set intervals.
 - Colonoscopy can be utilized for therapeutic indications such as treating lower gastrointestinal bleeding.

What Preparation Is Needed?

- Diet is restricted to clear liquids on the day before colonoscopy.
- A bowel prep or laxative is prescribed to clean out all stool from the colon on the evening prior to colonoscopy.
- Refer to specific instructions provided by your physician regarding bowel prep.

- It is important to follow prep directions as outlined. Any stool remaining in the colon can obscure views during the procedure and the colonoscopy may need to be repeated.
- Inform your physician if you take insulin or oral medication for diabetes.
- Blood thinners may need to be discontinued in the days preceding colonoscopy. *Notify your physician of all medications you are taking.*

What To Expect During Colonoscopy

- Most colonoscopies are done as an outpatient at a GI endoscopy center or at the hospital endoscopy unit.
- An IV will be inserted, allowing the anesthesiologist to administer a sedative. You will not be awake and you will have no memory of the procedure.
- Heart rate, blood pressure, and breathing will be monitored throughout the procedure.
- Once sedated the colonoscope is inserted into the anus while you lay on your left side.
- Air is introduced through the colonoscope to aid in visualization of the entire colon.
- The procedure typically takes 30 minutes.