

## Colonoscopy

A colonoscopy is performed to visualize the inner aspect of the colon (large intestine). This exam is useful for multiple purposes such as colon cancer screening, evaluation of abdominal pain, rectal bleeding, bowel movement irregularities and other intestinal problems.

### **What happens before the procedure day?**

- Having a cleansed intestine is the key for optimal evaluation.
- You will be placed on a specific diet in order to prepare for the procedure. Please follow carefully the dietary instructions to optimize your examination.
- The day before the procedure you will be on a clear liquid diet (breakfast, lunch and dinner) and drink a bowel preparation, which will be sent to your pharmacy. Please follow the instructions given for the bowel preparation.

### **What happens on the procedure day?**

- You will show up to the procedure center and meet with the anesthesiologist who will place an intravenous line (IV) in order to administer a sedative to make you comfortable during the procedure.
- You will not remember or feel any discomfort during the procedure.
- Once sedated, a colonoscope, which is a flexible tube with a camera on the tip, will be inserted through anus. The colonoscope will be gently advanced to the end of the colon. Any polyps or abnormalities will be removed or biopsied. Pictures will be taken for you to view at the end of the procedure.
- Polyp(s) and biopsy specimens will be sent to the pathology lab for evaluation. Somebody from my office will call you within 1 week to discuss the pathology results.
- Procedure times will range from 15 minutes to 45 minutes depending on the complexity of the case.

### **What can I expect after a colonoscopy?**

- The majority of patients do not experience any symptoms after the procedure.
- Some patients may experience slight bloating and cramping after the procedure.
- You will be observed in the recovery room in compliance to standard safety protocol.
- Then you will be discharged with your accompanying ride.
- Even though you may feel fine after the procedure, you **MUST** have somebody drive you home from the procedure center due to your exposure to anesthesia during the procedure.
- Generally you should not expect to go to work on the day of your colonoscopy.
- You will receive a phone call within the week to discuss any pathology results.
- You can eat a regular diet unless you are instructed otherwise.
- If you had biopsies performed or polyps removed, you will be given instructions to avoid certain medications such as Non-Steroidal Anti-Inflammatory Drugs (Advil, Naproxen, Ibuprofen, etc.), antiplatelet drugs (Aspirin, Plavix, etc.) and other blood thinners (Coumadin/Warfarin, Lovenox, Heparin, etc.).