

# DIGESTIVE DISEASE CONSULTANTS, LTD

## **COLONOSCOPY**

### **WHAT IS COLONOSCOPY?**

A flexible, lighted tube that is about the thickness of a finger is inserted through the rectum into the large intestine (colon) and allows the physician to carefully examine the lining of the colon.

Abnormalities, which are too small to be seen on x-ray, can be identified, as well as, confirming abnormalities suspected on x-ray. A tiny sample of tissue (biopsy) can be taken for examination in the laboratory, if indicated. Biopsies are taken for many reasons and do not necessarily imply cancer.

### **WHY IS COLONOSCOPY NECESSARY?**

Colonoscopy is a valuable tool for the diagnosis and treatment of many diseases of the large intestine. Abnormalities suspected by x-ray can be confirmed and studied in detail. Even when x-rays are negative, the cause of symptoms such as rectal bleeding or change in bowel habits may be found by colonoscopy. It is useful for the diagnosis and follow up of patients with the inflammatory bowel disease.

The colonoscopy's greatest impact may be in its contribution to the control of colon cancer by polyp removal. Before colonoscopy became available, major abdominal surgery was the only way to remove colon polyps to determine if they were benign or malignant. Now most polyps can be removed easily and safely without surgery.

Periodic colonoscopy is a valuable tool for follow up of patients with previous polyps, colon cancer or a family history of colon cancer.

Colonoscopy is a safe and extremely worthwhile procedure, which is very well tolerated. The decision to perform this procedure was based upon assessment of your problem.

### **WHAT HAPPENS AFTER COLONOSCOPY?**

You will remain in the endoscopy center until most of the effects of the sedation have worn off. You may feel bloated after the procedure because of the air that was introduced while examining the colon. Passing flatus (gas) will provide relief and is encouraged.

You will be able to resume your normal diet after the colonoscopy unless you are instructed otherwise (for instance if polyps were removed).

### **ARE THERE ANY COMPLICATIONS FROM COLONOSCOPY?**

Colonoscopy is safe and is associated with very low risk when performed by a physician who has been specially trained and is experienced in the endoscopic procedure.

One possible complication is perforation, a tear in the lining of the colon. This complication usually requires surgery to repair.

Bleeding may occur from the site of a biopsy or polyp removal. This is usually minor and stops on its own or it can be controlled by cauterization through the colonoscope. Rarely, transfusions or surgery are required.

Colonoscopy is extremely worthwhile and safe, and is invaluable in the diagnosis and proper management of disorders of the colon. The decision to perform this procedure was based upon assessment of your particular problem.

**Please see reverse side for more information regarding your colonoscopy**

**Your procedure requires the usage of sedation, you will not be allowed to drive home following the procedure. You will need to arrange for a responsible adult to drive you home and stay with you for 24 hrs following the procedure. (Does not include taxis/buses.)**

**Even though you may not feel tired, your judgment and reflexes may not be normal. Please do not drive for 24 hrs following your procedure, or return to work the day of your procedure.**

**Important Medication Information:**

**Day of your procedure:** Take your morning medications (including blood pressure, seizure, heart and breathing medications) with a couple sips of water on the morning of your procedure.

**Iron supplements:** Stop 3 days prior to the procedure.

**Insulin:** *A nurse will contact you with dosing instructions. If you do not receive a phone call, please call our office at 309-454-5900.*

**Oral antidiabetic medication:** Do not take the morning dose the day of your procedure. Monitor your blood sugar and notify your physician as needed.

**Blood Thinners:** *A nurse will contact you with dosing instructions. If you do not receive a phone call, please call our office at 309-454-5900.*

**Important Medical Device Information**

**Pacemaker-**if you have a pacemaker, provide copy of card or last device report prior to procedure

**Defibrillator-**if you have a defibrillator, provide copy of card or last device report prior to procedure

**Neurostimulator-**if you have a neurostimulator, bring shut off device to procedure appointment

We strongly encourage you to not smoke within 24 hours of your procedure. This includes cigarettes, pipes, cigars, e-cigarettes and other substances. Smoking can cause complications during or after the procedure. Do not consume alcohol within 24 hours of your procedure.

**\*\*Failure to comply with the above instructions may result in the cancellation/reschedule of your procedure.**

Alert your physician of any drug allergies!

To report changes in or additional symptoms since your last contact with the office please call 309-454-5900.

**\*\*\*\*\*Please see attached preparation instruction sheet\*\*\*\*\***