

Colonoscopy

What is a colonoscopy?

A colonoscopy lets the physician look inside your entire large intestine, from the lowest part, the rectum, up through the colon to the lower end of the small intestine. The procedure is used to look for problems in the colon and rectum, including cancer.

How do I prepare for my colonoscopy?

The goal of the preparation is to clear your bowel of stool (fecal matter). You will be given detailed instructions by your doctor as to which method is best for you. Suggestions for a clear liquid diet are included at the end of this brochure.

What can I expect on the day of my colonoscopy?

- If your doctor has told you take any medications, use only a small sip of water.
- Please leave your jewelry and valuables at home.
- **You must bring a driver the day of your procedure.** You will not be allowed to drive yourself home so must have a responsible adult to drive you home.

What happens during my colonoscopy?

You will lie on your left side on the examining table. We will give you pain medication and a mild sedative to keep you comfortable and to help you relax.

Your doctor will insert a long, thin, flexible, lighted tube, called a colonoscope, into your rectum and slowly guide it into your colon. The scope bends, so the doctor can move it around the curves of your colon and transmit images to review.

You may be asked to change position occasionally. The scope also blows air into your colon, which inflates the colon and improves visibility.

How long does the colonoscopy take?

A colonoscopy takes 30 to 60 minutes. The sedative and pain medicine should keep you from feeling much discomfort during the exam. You will need to remain at the hospital for 2-3 hours, until your sedative wears off.

What if they find something unusual?

If anything abnormal is seen in your colon, such as a polyp or inflamed tissue, your doctor can remove all or part of it using instruments passed through the scope. The tissue (biopsy) is then sent to a lab for testing.

Are there any possible risks?

Bleeding and puncture of the colon are possible, but uncommon. If there is bleeding in the colon, your doctor can control the bleeding by using a heat or electrical probe, or by injecting medication. These procedures do not usually cause any pain.

Some people might have a reaction to the sedatives or complication due to pre-existing heart or lung disease.

What should I expect after my colonoscopy?

If you feel severe abdominal pain or have a fever, bloody bowel movements, dizziness or weakness, call us immediately. Your call will be answered even if the center is closed

GI Surgery Center: 716-845-4010



Suggestions for a clear liquid diet

Liquids that you can see through at room temperature (about 72°-78°F) are considered clear liquids.

Remember to avoid all red and purple dyes in your liquids.

Beverages

- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
- Gatorade® or Kool-Aid®
- Strained fruit juice without pulp (apple or lemonade)
- Water, flavored waters, tea or coffee (you can add sugar, but NO milk or creamers)



Soups

- Chicken, beef, vegetable broth or bouillon – no added meats, noodles, or vegetables

Desserts

- Hard candy
- Jell-O® (no fruit toppings or whipped cream)
- Popsicles or lemon ice (no sherbets, sorbets, or fruit bars)

