

## Colonoscopy

After careful medical assessment, your doctor has recommended that you have a colonoscopy. During colonoscopy, a flexible fiberoptic tube (colonoscope) is passed through the rectum into the lower intestinal tract. This procedure allows the doctor to examine the lining of the rectum and the large intestines (colon) and to identify any abnormalities.

Eyeglasses must be removed prior to the procedure. You may prefer to remove dentures and contact lenses at this time.

You will be asked to sign a consent form authorizing the doctor to perform the procedure.

Please let the doctor and the GI nurse know if you are allergic to any medicines.

A needle for intravenous (IV) medicines will be placed in your arm vein before the procedure. Medicine will be injected through this needle that will make you sleepy and relaxed.

As you lie on your left side, the doctor will examine your rectum with a gloved lubricated finger. Then he will insert the lubricated flexible colonoscope which will give you a mild sensation of wanting to move your bowels. As the colonoscope is carefully advanced through the colon, the doctor will examine the bowel lining thoroughly. You may feel some cramping or gas due to the air which the doctor is putting into the colon. You may be asked to change positions during the procedure to assist in passage of the colonoscope. Occasionally fluoroscopy (x-ray) is used for short periods of time.

Often a biopsy specimen (tiny bit of tissue) is taken for microscopic examination. If you have a polyp, it may be removed by electrocautery through the colonoscope. You will not feel any sensation or discomfort when the biopsy is performed or the polyp is removed.

Many people do not recall any of the procedure because of the effect of the medicine. After the procedure, you will probably feel drowsy and may sleep for as short time. You may feel some bloating from the air inserted during the procedure. You will feel more comfortable if you expel this air.

Before you leave, the doctor will discuss the findings with you. The GI nurse or technician will give you instructions to follow when you get home. If you have any questions, please feel free to ask the doctor, the GI nurse or technician.

Society of Gastroenterology Nurses and Associates