

PATIENT/FAMILY EDUCATION

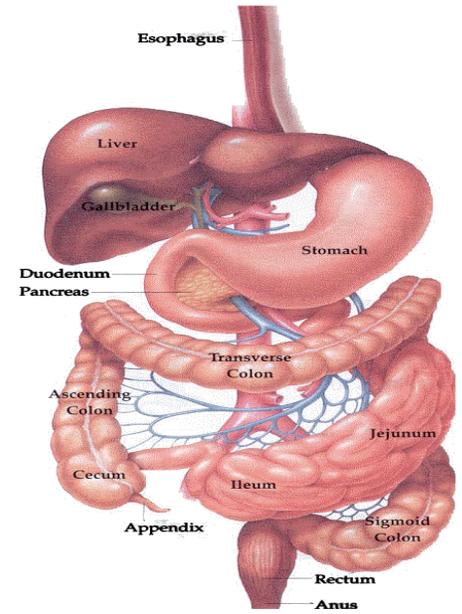
COLONOSCOPY

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This test lets the doctor look inside all of your large intestine. This is from the lowest part or the rectum up through the colon to the lower end of the small intestine. This test is used to:

1. Find the causes of unexplained changes in bowel habits.
2. Look for early signs of cancer in the colon and rectum.
3. See for inflamed tissue or abnormal growths.
4. See ulcers, bleeding and muscle spasms.

For the test, you will lie on your left side on the exam table. You will be given pain medicine and a mild sedative. This will help you be at ease and relax during the test. The doctor will put a flexible tube with a light into your rectum. The tube will be slowly guided into your colon. This tube or scope sends a picture of the inside of the colon. This lets the doctor look closely at the lining of the colon. The scope bends, so the doctor can move it around the curves of your colon. You may be asked to change position to help the doctor move the scope. The scope also blows air into your colon. This inflates the colon and makes it easier for the doctor to see.



If the doctor sees a polyp or inflamed tissue they can remove a piece of it. The tissue is sent to a lab for testing. If there is bleeding in the colon, the doctor can stop the bleeding by using medicine or a special instrument.

This test takes 30 to 60 minutes. You will stay in the recovery room at least 30 minutes until the medicine wears off.

PREPARATION:

Your colon must be totally empty for this test. To get ready for the test you may have to follow a liquid diet. This could be for 1 to 3 days before the test. A liquid diet would include:

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| 1. fat-free bouillon | 3. Jell-O | 5. strained fruit juice | 7. water |
| 2. fat-free broth | 4. plain tea | 6. soda. | 8. plain coffee |

You may need to take laxatives or an enema before the test. You must have someone to take you home after the test. You will not be allowed to drive yourself home. Your doctor may give you other special directions.

If you have questions, please call Adams County Regional Medical Center Surgery Department at 937-386-3642.