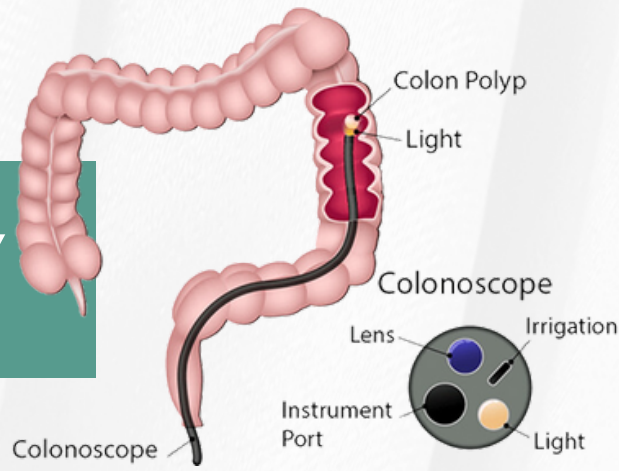




COLONOSCOPY



WHAT IS A COLONOSCOPY?

An exam used to look for changes such as swollen, Irritated tissues, polyps or cancer In the large Intestine (colon) and rectum.

A long flexible tube (colonoscopy) is Inserted Into the rectum. A tiny camera at the tip of the tube allows the doctor to view the Inside of the entire colon.

If needed, polyps and other abnormal tissues can be removed through the scope during a colonoscopy. Tissue samples also called biopsies can also be taken.

WHY IT IS DONE

- Investigate intestinal signs and symptoms such as abdominal pain, rectal bleeding, chronic diarrhea.
- Screen for colon cancer
 - Age 45 first colonoscopy screening
 - Recommended every 10 years after.
- History of colon polyps

RISKS

- A reaction to the sedative used during the exam
- Bleeding from the site where a tissue sample (biopsy) was taken or a polyp or abnormal tissue was removed
- A tear In the colon or rectum wall (perforation)

HOW TO PREPARE

- Follow bowel preparation Instructions provided to you by our office.

WHAT TO KNOW

- Arrive an hour early
- IV will be placed in a arm to administer sedation prior to exam
- Colonoscopy typically takes 30 minutes
- After procedure It typically takes 15-20 minutes for sedative to wear off
- You will need someone to drive you home
- You may feel bloated or pass gas for a few hours after the exam - walking may relieve discomfort

RESULTS

- **10 year follow up**
 - Normal colonoscopy and hyperplastic polyp < 10 mm
- **7-10 year follow up**
 - 1-2 adenomas < 10 mm
- **5-10 year follow up**
 - 1-2 sessile serrated polyps (SSPs) < 10 mm
- **3-5 year follow up**
 - 3-4 adenomas < 10 mm, 3-4 SSPs < 10 mm, Hyperplastic polyp > 10 mm
- **3 year follow up**
 - 5-10 adenomas, 5-10 SSPs, adenoma or SSP > 10 mm, adenoma with villous or tubulovillous histology and or high grade dysplasia, SSP with dysplasia, traditional serrated adenoma
- **1 year follow up**
 - >10 adenomas