

# Care Gram

# Colonoscopy

**Date of Test:** \_\_\_\_\_ **Test Time:** \_\_\_\_\_

## How the Procedure Works

A colonoscopy is a test of your lower gastrointestinal (GI) tract. This test is done if you are having lower GI problems or if you have an abnormal X-ray. A colonoscopy will look at all of the large intestine. It is usually done with sedation medication given through an IV.

The doctor uses an endoscope, which is a long, narrow, flexible tube. It has a video camera to look at the GI tract. The endoscope can easily bend around curves. Some people may have some discomfort from cramping or gas. This is usually controlled by IV medicine. This test can be used to:

- Help detect and/or prevent colon cancer.
- Diagnose certain lower GI problems.
- Plan specific treatments.
- Remove growths (polyps) from the wall of the digestive tract.
- Take a sample of tissue (biopsy).

## Bowel Preparation

There are several different preparations for a colonoscopy. Check with your doctor to see which preparation is for you. Your doctor will give you specific preparation instructions.

## On the Day of Your Test

- You may take blood pressure or heart medications. Be sure you have taken them at least 2 hours before the test with a small sip of water only.
- For your safety, please remove all jewelry and body piercings before the test. Please leave these things and other valuables at home (like money, credit cards, and checkbooks). The GI Endoscopy Lab can not be responsible for any lost or misplaced personal items during procedures.
- You must have someone drive you home from the hospital. The hospital staff can not allow you to drive after having a medication that makes you sleepy (sedation). By law, driving after sedation could be treated like driving under the influence. You also can not go home alone by taxi.
- Have a mature adult stay at home with you for the first 24 hours after the procedure. This person can also contact the doctor or hospital if you have any problems.



**Licking Memorial  
Health Systems**

1320 West Main Street • Newark, OH 43055  
(740) 348-4000 • [www.LMHealth.org](http://www.LMHealth.org)

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- Your procedure time may change due to emergencies or procedures that may take extra time. We make every effort to keep you informed of any changes. If you feel like you are waiting too long, please ask the staff to check for you.

**Registering**

Enter through the surgery entrance of the John and Mary Alford Pavilion and report to the Surgical Services registration desk on the second floor.

**Before and During the Test**

- Please leave valuables and jewelry at home.
- Bring eyeglasses if you need them to read. You will be asked to sign a consent form.
- You will be asked to change into a hospital gown and lie on an exam cart.
- The staff will monitor your heart, blood pressure, pulse, and oxygen level.
- The nurse will start an IV. You may receive medicine to help you relax. You may have some amnesia effects but you will not be asleep.
- The endoscope is inserted into the rectum. If you feel discomfort, tell the doctor or nurse. You may need more medication. It is important to us to manage your pain and discomfort.

**After the Test**

For everyone:

- The nurse will ask you to expel air, which will help relieve some of the cramping and pressure.
- For the first 24 hours, you may feel stomach cramps and bloating and continue to pass gas.
- You may have a very small amount of blood from the rectum.

If you received a sedation medication:

- You will be taken to the recovery area to be monitored for a short period of time.
- You may feel drowsy.
- You must have someone drive you home and they need to stay during your procedure due to the short length of stay.
- You should not return to work until the next day.

Call your doctor if you have a:

- Large amount of blood in your bowel movement.
- Fever.
- Severe pain in the abdomen.
- Redness or soreness more than 2 days at the site where your IV was started.

**Finding Out the Results**

The doctor will review the results of your test with you before you leave. If you have any questions about the results after you go home, feel free to call the office.

**Appointment Reminder**

If you have any questions about your test or the preparation, please call the doctor who has scheduled this test for you. Report to the John and Mary Alford Pavilion 1 hour before your scheduled appointment.