

Care Gram

Colonoscopy

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 review the entire 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 with a video camera to review the GI tract. The endoscope easily can bend around curves. Some people may have some discomfort from cramping or gas, which 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)

Risks

Risks are rare but could include:

- Side effects of medications used during the test
- Bleeding
- Perforation (puncture of the colon)

Bowel Preparation

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

Ask your doctor about how long you will need to hold blood-thinning medications.

On the Day of Your Test

Do not eat or drink anything, except the bowel prep, after 12:00 Midnight the night before your test, including gum, candies, lozenges, mints or chewing tobacco, unless your instruction allows it. Be sure to take any blood pressure or heart medications at least two hours before the test with only a small sip of water.



**Licking Memorial
Health Systems**

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Before and During the Test

Registration

Your test will be scheduled at Licking Memorial Hospital (LMH) or 2000 Tamarack Surgery Center. If your test is scheduled at LMH, enter through the John & Mary Alford Pavilion surgery entrance and report to the Surgical Services registration desk on the Second Floor. If your test is scheduled at the 2000 Tamarack Surgery Center, enter through the outer doors and report to the registration area inside the second set of doors.

Your procedure time may change due to emergencies or procedures that 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.

Please make sure to:

- Leave valuables and jewelry at home
- Bring eyeglasses if you need them to read – you will be asked to sign a consent form

During the exam:

- 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 that may administer medicine to help you relax
- You may experience amnesia, but you will not be asleep
- The endoscope is inserted into the rectum – if you feel discomfort, alert the doctor or nurse

After the Test

For everyone:

- The nurse will ask you to expel air to help relieve 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
- Drowsiness may occur
- It is recommended to not return to work until the next day

Please call **(220) 564-2950** for any questions or concerns.