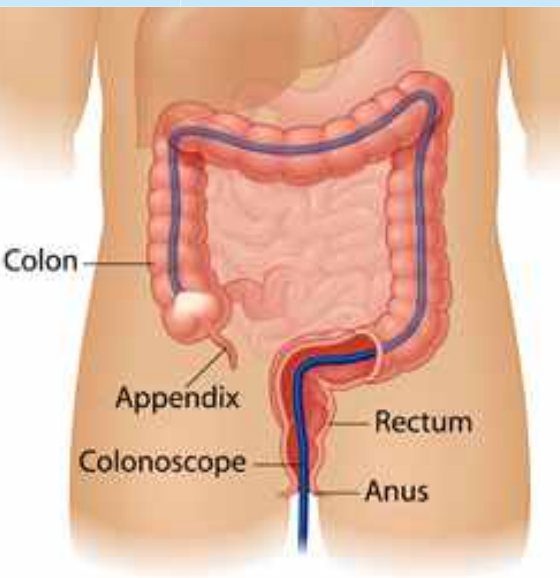


Colonoscopy



**P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE**

What is Colonoscopy ?

Colonoscopy is a visual examination of the lining of your colon (large intestine). A long flexible tube (colonoscope) is passed through the rectum and around the colon and with the help of this video scope the doctor will be able to look for any abnormalities that may be present.

If necessary small tissue samples (biopsies) can be taken during the examination (painlessly) for laboratory analysis. Polyps (abnormal growths of tissue) can also be removed, using an electric snare, and areas of bleeding can be treated.

Preparation for Colonoscopy

For clear view the colon must be completely free of stool; so, please follow these instructions:

- Avoid any iron preparations for 3 days before the examination.
- Avoid fruits and green vegetables for 2 days prior.
- Do not eat after midnight.
- Any other medication you need to take on the morning of the procedure is to be taken with only small sips of water, and after consulting your doctor.
- You will be given a bowel-cleansing solution to drink the day before or on the day of examination and will be instructed to remain on clear fluids. There are two broad types of bowel-cleansing solutions: PEG-based and electrolyte-based. Instructions for preparing these solutions and drinking them are available on their package inserts, but your doctor will also guide you.

On the day of the procedure

Please bring your doctor's letter and report to the OPD Department, on the third floor, wing 2, nursing desk.

The Procedure

Before the procedure

- You will first be explained the procedure.
- Kindly inform the nurse or doctor if you had experienced any allergies or adverse reactions in previous procedures.
- A consent form will be required to be filled and signed before the procedure.
- You will be provided with a hospital gown.
- Kindly remove your eyeglasses, contact lenses and dentures.

During the procedure

- You will be placed in a comfortable position, on your left side, and medication may be injected through a vein, which will make you feel relaxed and sleepy.
- The doctor will pass the colonoscope through your anus into the rectum and advance it through the colon for the examination.
- You may experience some abdominal cramping and pressure from the air that is introduced into your colon. This is normal and will pass.
- You may be asked to change your position during the examination with the nurse's assistance.
- The examination takes 15 minutes to half an hour.

After the procedure

- You will have to wait in the recovery room for about an hour, until the medication effect wears off.
- You may return to your regular diet unless otherwise instructed.
- You may feel slightly bloated, due to air that was introduced during the procedure, but the feeling will pass.
- In case you have received a sedative, do not drive home yourself. For the remaining part of the day refrain from driving, operating machinery or involving yourself mentally in taking important decisions, as the sedation impairs your reflexes and judgment. Take sufficient rest.

Are there any risks in undergoing colonoscopy?

Colonoscopy can result in complications very rarely; such as reactions to medication, perforation (tear) of the intestine and bleeding. These complications are very rare (less than one in 10000 examinations), but may require urgent treatment and an operation. The risks are slightly higher when the colonoscopy is used for treatment, such as removal of polyps. Be sure to inform us if you have any pain, bloody stools or troublesome vomiting in the next few hours or days after colonoscopy.

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