

Colonoscopy Exam

A colonoscopy is an exam that allows the doctor to look directly at the entire colon or large intestine. This is done by passing a long, flexible tube called a colonoscope through the rectum and into the colon. This instrument is approximately one-half inch in diameter and uses a technique known as fiberoptics, which allows the doctor to see problems such as inflammation, tumors, polyps or other causes of bleeding or pain. Biopsies, the removal of polyps, or other procedures also can be done through the colonoscope.

Preparing for the examination

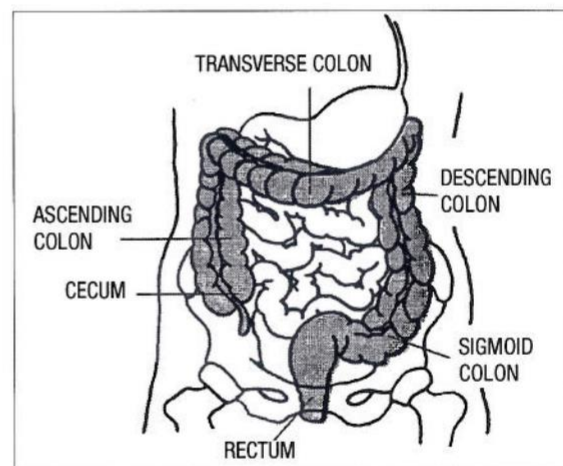
Your doctor will give you instructions for your diet and preparation of your colon prior to your appointment. If you follow the instructions carefully, your colon will be empty for the best examination results. Check with your doctor about taking any medication prior to and the day of your examination.

What to expect

Upon arrival, go to the reception desk to register. Then you will be taken to the pre-procedure area where you will change into a comfortable patient gown. Your blood pressure and pulse will be checked and a limited medical history taken. Please bring a list with you of the medications you are taking and any known drug allergies.

The medical center requires you to sign a consent form for the procedure. Before you sign this form, your doctor will discuss with you the specific reasons for your exam, and the alternatives and risks involved if not previously discussed.

The colonoscopy will be performed in a procedure room. The exam will start with you lying on your left side with your knees bent. You will be



asked to remove eyeglasses and/or dentures. Your doctor will give you some medication by intravenous injection to help you relax during the procedure. The well-lubricated colonoscope is passed into the rectum and slowly guided through the full length of the colon. It is usually necessary for the doctor to put air into the colon to aid him or her in the examination. This may cause you to feel full or distended. In order to be more comfortable, you may pass this air. The colon has several turns or bends, and as the colonoscope is passed around these turns, you may feel brief cramping or tugging sensations.

(continued)

After the examination

You will be taken to a recovery area, where you will rest for a short time, and your blood pressure and pulse will be checked. Upon discharge, there are no diet restrictions unless ordered by your doctor.

Plan to spend approximately 2-3 hours from the time of arrival to discharge. **It is necessary to have a responsible adult escort to take you home.** It is best to have your escort stay at the hospital during your procedure. The nurse will give you and your escort oral and written instructions to take home.

Directions and Parking

Please go to www.swedish.org/Locations to find maps of our campus locations, listed below. Parking rates vary by location.

Remember:

- Follow your doctor's diet instructions.
- Bring your medication list with you to the hospital.
- Arrive on time, according to your doctor's instructions.
- Bring a responsible adult with you to drive you home.



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