

Progressive Surgical Associates

What is colonoscopy?

A colonoscopy is a procedure that enables your physician to examine your colon (large bowel) for abnormalities by inserting a flexible tube into the anus and advancing it slowly into the rectum and colon.

What preparation is required?

The colon must be completely clean for the procedure to be accurate and complete. Please take the prescription given to you for bowel prep to your pharmacy. Follow the instructions your physician has given to you for this bowel prep.

What are polyps and why are they removed?

Polyps are abnormal growths from the lining of the colon which vary in size from a tiny dot to several inches. The majority of polyps are benign (non-cancerous) but the doctor cannot always tell a benign from a malignant (cancerous) polyp by its outer appearance alone. For this reason, removed polyps are sent for tissue analysis. Removal of polyps is an important means of preventing colorectal cancer.

What are the possible complications of a colonoscopy?

Colonoscopy and polypectomy are generally safe. Complications can occur but are rare when the procedure is performed by physicians who have specialized training and experience in the procedure.

A possible complication is a perforation or tear through the bowel wall that could require surgery, or bleeding may occur from the site of a biopsy or polypectomy. Bleeding is usually minor and stops on its own or can be controlled through the colonoscopy. Rarely, blood transfusions or surgery may be required.

Although complications after a colonoscopy are uncommon, it is important for you to recognize early signs of any possible complication. Contact your doctor if you notice any of the following symptoms:

- Severe abdominal pain
- Fever and chills
- Large amount of rectal bleeding

Your colonoscopy is on _____.

TWO DAYS before your colonoscopy, follow a Low-Residue (Low-Fiber) and Low-Dairy Diet.

ONE DAY before your colonoscopy, you may have a light, easy to digest breakfast like eggs and black coffee before 9 am. (Do not eat any of the foods you avoided the day before for this breakfast). At 9 am, **BEGIN Clear Liquid Diet. NO SOLID FOODS AFTER 9 am.** Begin your bowel prep the evening before your colonoscopy at 5 pm. You may continue drinking clear liquids the rest of the evening. **NO MORE LIQUIDS AFTER MIDNIGHT.**

If you have any questions, please contact our office at 815-717-8730.