

What to expect with your colonoscopy



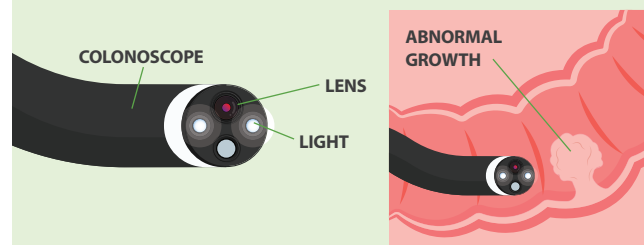
Your recent FIT result was abnormal

An abnormal result does not mean that you have or will get cancer. An abnormal result means that blood was found in your poop.

Blood in poop is common. It can be caused by many things, including hemorrhoids, polyps (small growths), colon diseases, or cancer. It is important to have a colonoscopy to find out why you are bleeding.

Colonoscopy

A colonoscopy uses a long flexible tube with a camera at the end (colonoscope) to look inside the colon for abnormal tissue.



Potential benefits of a colonoscopy

- ▶ Is generally a safe procedure.
- ▶ Prevents colon cancer by finding and removing pre-cancerous polyps before they turn into cancer.
- ▶ Finds colon cancer early when it is easier to treat.
- ▶ Diagnoses other causes of bleeding, such as hemorrhoids or inflammatory bowel disease.

Potential risks of a colonoscopy

- ▶ Medication reactions or difficulty breathing can occur sometimes.
- ▶ Polyps or cancer can be missed.
- ▶ Lots of bleeding after the procedure is rare and may need treatment.
- ▶ Tears in the colon are very rare and need treatment. In very rare cases, a tear may lead to death.

What to expect during your colonoscopy

The doctor will gently pass a colonoscope into your anus and colon.

- ▶ Lasts approximately 20-45 minutes.
- ▶ A sedative and pain medicine will be used to keep you comfortable.
- ▶ Your colon will be inflated with air.
- ▶ You may feel some discomfort from pressure or bloating.
- ▶ The doctor may remove a small piece of tissue (biopsy) that will be checked for pre-cancer and cancer.
- ▶ You should not feel pain. If you feel pain, tell your doctor or nurse.

Talk to your doctor if you have any concerns about your colonoscopy appointment.

How to prepare for your colonoscopy

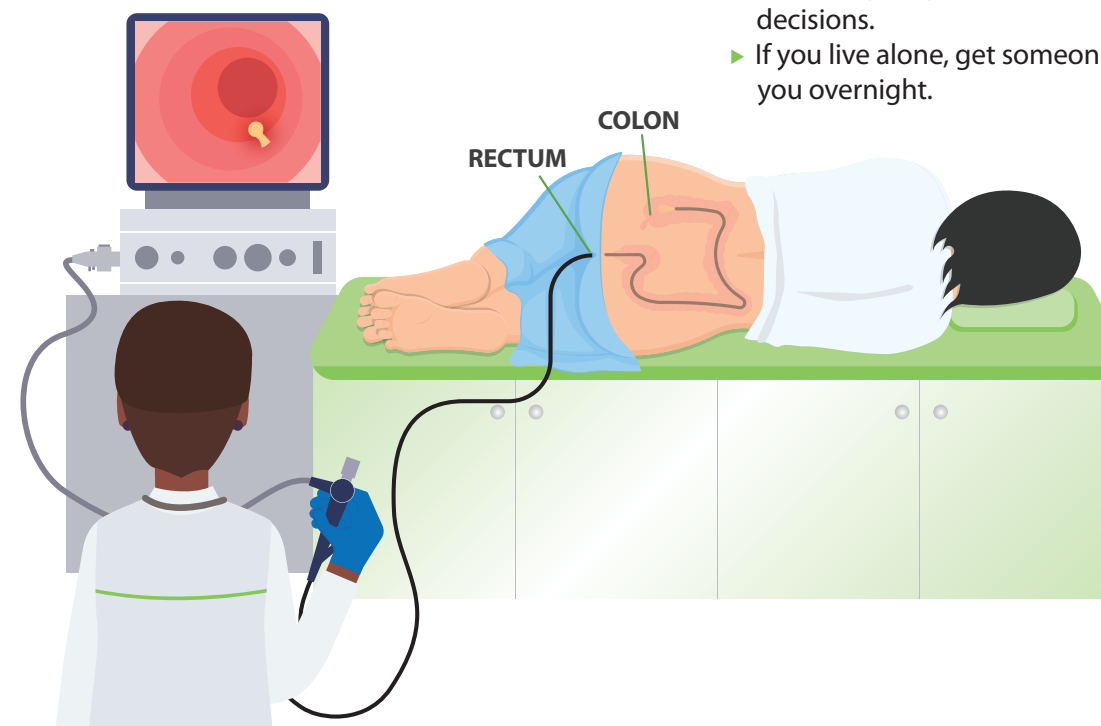
An empty colon is needed to find abnormal tissue. You may need to repeat the colonoscopy if you do not have an empty colon.

1 week before colonoscopy

- ▶ Read the *Colonoscopy Bowel Preparation Tips* included in your letter and all instructions provided by the facility performing the colonoscopy.
- ▶ Purchase the required bowel preparation.

Day of your colonoscopy

- ▶ Arrive at the facility at the time on your letter.
- ▶ Your blood pressure and temperature will be taken.
- ▶ An IV (intravenous) needle will be put in your arm to give you sedation and pain medication.
- ▶ After the colonoscopy, you will be taken to the recovery room. You will be watched for about 1 hour.
- ▶ You will need someone to drive you home.



Medicine

- ▶ Unless you are told not to, continue to take your normal medicines, including blood thinners and anticoagulants, with clear fluids before and on the day of your colonoscopy.
- ▶ If you are on insulin or medicine for diabetes, follow the exact instructions you are given.

After your colonoscopy

Follow all instructions you get from the facility.

First 24 hours

- ▶ Do not take sedatives, drink alcohol, or use cannabis.
- ▶ Do not drive, operate machinery, or use power tools.
- ▶ Do not sign legal papers or make important decisions.
- ▶ If you live alone, get someone to check on you overnight.

It is normal to:

- ▶ Feel bloated and have cramps after the colonoscopy. Slowly doing more activities will help you feel better.
- ▶ See small amounts of blood in your poop if you had a biopsy or a polyp removed.
- ▶ Not have a poop for 1-2 days after the procedure.

Call your colonoscopy doctor if you have concerns or if you:

- ▶ Have new or more stomach pain after the colonoscopy.
- ▶ Have severe nausea or vomiting.
- ▶ Have chills or a temperature over 38.6°C (101.5°F).
- ▶ Pass blood clots or see more than 1/2 cup (125 ml) of blood in your poop.
- ▶ Are unable to pee.
- ▶ Have pain and see redness or swelling at the IV site on your arm for more than 48 hours.

If you cannot reach your colonoscopy doctor, call Health Links-Info Santé at 204-788-8200 or 1-888-315-9257, or go to the nearest emergency department.