

## What is a colonoscopy

- 0:02 A colonoscopy is a procedure that lets your doctor look inside your colon and rectum for problems such as bleeding, small Groves, coal, polyps and tumors.
- 0:14 To do this, the doctor uses a thin, flexible tube with a light and video camera on the end called a colonoscope.
- 0:23 It's inserted through the rectum and is carefully guided up through the colon to make sure your doctor can see possible problems.
- 0:31 Your colon must be completely clean.
- 0:35 That's why it's important for you to follow your bowel prep instructions.
- 0:40 If your bowel prep is not done correctly, your doctor will not be able to see your colon clearly.
- 0:46 As a result, problems may be missed.
- 0:49 Your colonoscopy may take longer, or you may need to reschedule it.
- 0:55 The better your bowel prep, the easier it is for the doctor to find polyps.
- 1:00 By finding polyps early, you will have a better chance of preventing colon cancer.
- 1:07 A colonoscopy usually takes 30 to 60 minutes.
- 1:11 You'll be offered medication to help you relax or sleep, and you will be placed on your side for the procedure.
- 1:19 Your doctor will carefully insert a colonoscope into your rectum and guide it through your colon.
- 1:26 If polyps are found during the colonoscopy, your doctor will remove them.
- 1:31 Small tissue samples will be taken, and these will be checked for cancer.
- 1:36 Polyps are usually not cancerous, but they can change into cancer, so they need to be removed.
- 1:43 Polyps do not contain nerves, so you won't feel pain when they are removed.
- 1:49 After your colonoscopy, you'd be taken to the rest in the recovery room until the effects of your medication wear off.
- 1:57 You might feel some gas or cramping, but this will quickly pass.
- 2:02 If a polyp was removed, you may see a tiny bit of blood in your poop for a few days.
- 2:08 Because the medication can make you sleepy, you'll need someone to drive you home.

2:13 You should take the rest of the day off.

2:16 Each person recovers at a different pace.

2:19 Follow instructions from your doctor to get better as quickly as possible.

2:25 Before you go home, your doctor will tell you the results of the colonoscopy.

2:30 If a tissue sample was sent to the lab, it may take a few days or longer to get the results depending on the number and size of polyps found as well as how clean your colon looks.

2:42 Your doctor will recommend when your next colonoscopy should be done if you have any questions.