



Rose City Endoscopy

For Health and Peace of Mind

Operated by Dr. V. Khokhotva Medicine Professional Corporation

2109 Ottawa Street, Unit 1060

Windsor, ON, N8Y 1R8

Tel.: 519-254-4154

Fax: 519-254-4158

www.rosecityendoscopy.ca

PATIENT INFORMATION REGARDING COLONOSCOPY

What is a colonoscopy?

Colonoscopy is an endoscopic procedure where large intestine (colon and rectum) is examined using an instrument called a colonoscope. A colonoscope is a flexible instrument with a video camera; wherein the doctor can examine and take pictures of the colon. This procedure is performed by a general surgeon or gastroenterologist. All our endoscopists are general surgeons.

When is colonoscopy necessary?

Colonoscopy is performed for colorectal cancer screening and prevention. It can also be performed to investigate signs and symptoms such as bleeding, ulcers, dark or black stools, chronic diarrhea, anemia, unexplained weight loss, or unexplained abdominal pain.

Where is colonoscopy performed?

Colonoscopy may be performed in either an out-patient clinic, such as Rose City Endoscopy, or hospital.

What to do to prepare for a colonoscopy?

Follow the patient instruction sheet given to you by the clinic. You must read and follow the instructions very carefully, or your procedure may be cancelled or repeated.

What happens during a colonoscopy?

Prior to colonoscopy, a vital signs monitor and heart monitor are connected. You will receive anaesthetic medication through an intravenous line for the procedure. An anaesthesiologist may be present during colonoscopy. Most patients choose to have sedation (or light sleep) during the procedure.

The doctor will perform rectal examination prior to the procedure. The colonoscope is inserted into the rectum and advanced to the rest of the colon. During the procedure, air is inserted in order to examine the colon. You might feel some cramping and bloating. Most patients are very comfortable.

Any abnormal growths (such as polyps) and/or tissue samples (such as biopsies) may be removed and sent for pathology testing.

What should I expect after my colonoscopy?

After the procedure, you will stay in the recovery area for a minimum of thirty minutes. You will remain under supervision of recovery room nurse. You may feel some bloating and cramping. We encourage that you pass some gas/flatulence to reduce the abdominal discomfort. If you are feeling more awake, have minimal discomfort, and your vital signs are normal, you will be released home by the nurse.

There are no restrictions on diet after the procedure. You are not allowed to drive yourself home, drink alcohol, or operate machinery. Refrain from making important decisions for the rest of the day. You will need an adult to take you home. If you do not have an accompanying adult to take you home, we will cancel your procedure or your procedure will have to be performed without any sedation.

Before leaving the clinic, you will be informed of the findings of the procedure. You will be given a discharge letter that details what to expect after the procedure; as well as any abnormal findings, recommendations for treatment, and follow up appointments. If specimens were taken, it will be sent to a laboratory for pathology testing. The results will arrive to the clinic in about 10 business days. At the same time, your referring doctor will also receive the report

from the lab. The endoscopist will want to either follow up with you in 8 weeks, or have you follow up with your family doctor; depending on what was found during the procedure. If you were instructed to follow up with your family doctor, but you have questions for the endoscopist, please call the clinic and book an appointment.

What are the advantages of a colonoscopy?

The National Cancer Institute of Canada states that colorectal cancer is the third most common cancer and the second most common cause of death from cancer. Colorectal cancer is highly preventable and treatable. The American Gastroenterology Association recommends that men and women over the age of 50 years must be screened for colorectal cancer. Colonoscopy is considered one of the most effective cancer screening tools that can be utilized today.

If you have symptoms such as bleeding, or diarrhea, as well as many others, colonoscopy can be helpful to make a diagnosis.

What are the disadvantages of a colonoscopy?

Some patients may complain about taking the bowel preparation medication. The medication we use is called Purg-Odan. Most of our patients have commented that they experience minimal to no side effects; side effects may include cramping, bloating, nausea, or vomiting. If you experience any of these symptoms while taking Purg-Odan, please call the clinic prior to coming in for procedure.

If the colon is not clean, the doctor may not be able to examine the entire colon or finish the procedure. Potential abnormalities may be missed. It is very important for you to follow the bowel preparation instructions exactly. If you have any questions, do not hesitate to contact the clinic.

For some patients, colonoscopy may be uncomfortable or painful. The doctor will give you medication to help alleviate that discomfort.

If sedation is given, patients may complain of nausea, vomiting, or drowsiness after the procedure. These are common side effects from receiving sedation.

What are the risks involved in performing a colonoscopy?

Bleeding may occur at the site of the biopsy or polyp removal. Any specimen removed is quite small that bleeding, if any, will be very minimal.

Perforation through the colon is a rare complication. It occurs 1 in a 1000 cases.

If you experience any fever, severe pain, or uncontrolled bleeding, please call the clinic as soon as possible. If our office is closed, please go to the nearest emergency department (preferably Windsor Regional Hospital, Metropolitan Campus) or call 911.

If there is anything in this document that you do not understand, or if you have any further questions, please call the clinic at least a week prior to your procedure.