

GENERAL INFORMATION

You have been scheduled for a colonoscopy. This test consists of passing a long, lighted, flexible tube through your rectum and into the lower intestinal tract. This procedure allows the doctor to look at the lining of the rectum and large intestine (colon). Biopsies may be taken (small pieces of tissue) for microscopic examination. If polyps or other abnormalities are present, they will be addressed. There is an 8% risk of missing polyps/cancers.

SAMPLE LIQUID DIET

Beverages: Coffee, tea, decaffeinated coffee and carbonated beverages (any sodas).

Desserts: Any Jell-O (NOT RED).

Clear Fruit Juices: Apple, white grape, orange or lemonade. Anything with pulp in it needs to be strained first.

Soup: Fat free broth or bouillon.

Miscellaneous: Popsicles, Kool-Aid, Gatorade (recommended), Pedialyte (NOT RED), hard candies or Life Savers dissolved in the mouth.

SAMPLE MENU

BREAKFAST

Coffee

Sugar

Fruit juice

Broth

Jell-O (NOT RED)

LUNCH and DINNER

Tea

Sugar

7-Up

Broth

Jell-O (NOT RED)

AFTER THE PROCEDURE

You may experience some bloating. You will be able to pass the gas eventually. If you have difficulty passing gas, walk around or try lying on one side and then the other. Sitting in a tub of warm water also helps.

If you experience severe pain or bleeding any time after the procedure, contact our office immediately or come to the Emergency Room at Abilene Regional Medical Center. **Perforation** and **bleeding** are the most serious complications of this procedure but are rare.

For questions, please call (325) 692-3777

If a biopsy is taken or polyp removed during the procedure, the office will contact you within 10 days with the result. Please contact our office if you do not hear from us.