



Providence
Medical Group SM

Providence Proctology

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Don't be afraid of a colonoscopy!

If the thought of having a colonoscopy makes you apprehensive, you're not alone. Too many people ignore their doctor's recommendation for a screening colonoscopy. But you shouldn't — for the vast majority of people, colorectal cancer is preventable, and putting off a colonoscopy can put you at increased risk of the number-two cancer killer among Americans today.

During a colonoscopy, a small, flexible lighted tube — called a colonoscope — is inserted into the rectum and guided around the entirety of the colon, searching for abnormal growths. If any are found, we can often remove them during the procedure before they pose any health threat.

- A colonoscopy is normally not painful or uncomfortable; in fact, sedation keeps you comfortable throughout the procedure.
- The procedure itself lasts about 30 minutes or less.
- Recovery time is quick: most people feel normal after about an hour. Some activities, such as driving or operating machinery, should be avoided until the sedation wears off.

Preparation as comfortable as possible

The bowel preparation for a colonoscopy (which normally starts the day before the procedure) cleans the colon by removing all stool, and is not painful.

- Liquid bowel-cleansing agents have become more palatable, with better-tasting and lower-volume solutions available.
- Dr. Green can also prescribe Prepopik[®], a split-dose bowel preparation that requires less medicine to drink. In many cases Prepopik have decreased the intensity and duration of bowel movements and improved bowel preparation.

