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# UnityPoint Health - Allen Hospital

## Digestive Health Center

*CedarValleyGI.com*

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## Colonoscopy Information

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### What is a colonoscopy?

**A** colonoscopy is the examination of your large intestine or colon. It is performed by passing a flexible fiber optic tube into the rectum, through the large intestine into the ileocecal valve, or where the large intestine connects to the small intestine.

This procedure allows your physician to examine the lining of your colon. Your physician will observe for abnormalities such as bleeding sites, polyps, inflammations, or tumors during the insertion and withdrawal of the colonoscope. Your physician is able to take biopsies (small tissue samples), remove polyps (small growths), cauterize areas of bleeding (seal the tissue using electricity), and take photographs through the colonoscope.

For the best possible examination, your colon must be completely empty of waste materials. Your physician will choose the laxative that is best for you. It is important to follow the laxative instructions completely. Your stools should look like clear or yellow liquid. If your colon is not empty, you may be asked to reschedule the procedure.

When you arrive, a nurse will get a brief history. Your vital signs will be checked. You will be asked to sign a consent form authorizing your physician to perform the colonoscopy. An intravenous needle (IV) will be placed before the procedure.

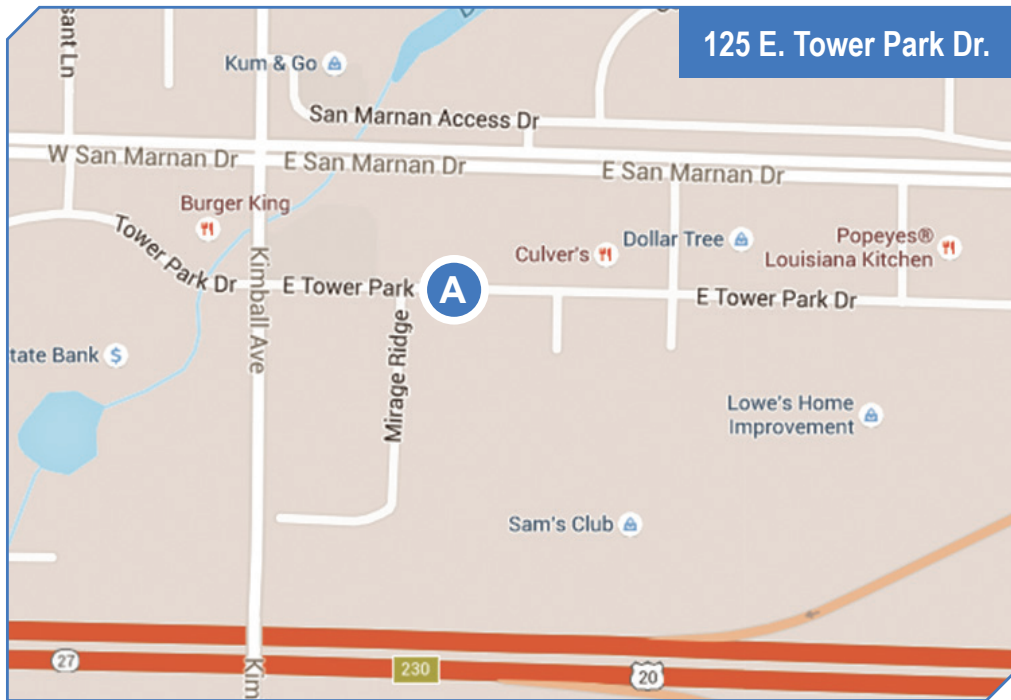
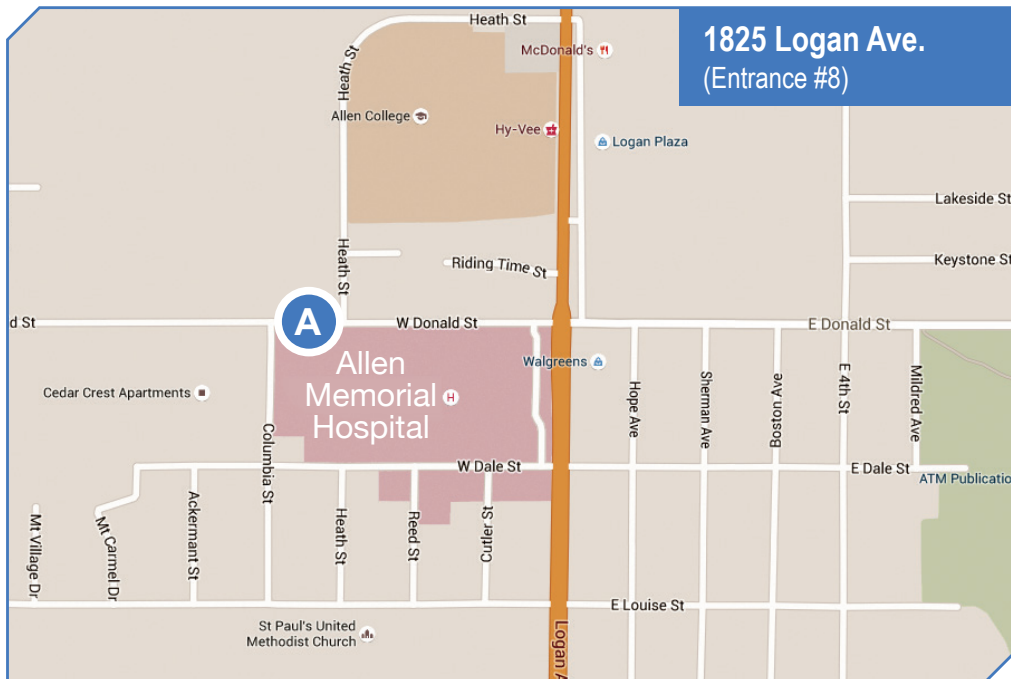
You will be taken to the Endoscopy Suite. The nurse will monitor your heart, blood pressure, and oxygen level during the procedure. You will be asked to lie on your left side. The nurse will give you medication through the IV that will make you sleepy and relaxed. You may receive oxygen because of the sedatives.

Your physician will examine your rectum with a gloved, lubricated finger. Then he will insert the lubricated colonoscope. As the colonoscope is passed carefully through the colon, air is put in to allow your physician to see the lining. You may feel the nurse put gentle pressure on your abdomen to assist the passage of the colonoscope. This may cause some cramping or gas pains. More medication may be given during the procedure. Your physician begins the careful examination as he removes the colonoscope. Usually, there is little discomfort during removal.

Your physician may take a biopsy, remove a polyp, or use electrocautery through the colonoscope. You will not be able to feel this being done. The examination usually takes about ½ hour to perform.

Many people sleep during part or the entire exam because of the sedatives. After the procedure you will be taken to the recovery area. You will feel drowsy and may sleep for a short period of time. You may feel bloated or crampy due to the air used during the procedure. It is important to pass the air. You will be given something to drink. The nurse will monitor your blood pressure and keep an eye on you.

**You must bring someone to drive you home or your procedure may be rescheduled.** Before you leave, your physician will discuss the findings with you and/or your driver. Please ask a friend or family member to remain available to speak with your physician and assist you to their vehicle.



**Location: Office Endoscopy Suite**  
125 E. Tower Park Dr.

**Allen Hospital**  
1825 Logan Ave. (Outpatient Entrance #8 on Donald St.)

If you have any questions or concerns, please call our office at 319-234-5990.  
Office hours are Monday – Friday from 8:30am - 5:00pm, with phones answered 24 hours per day for emergencies.