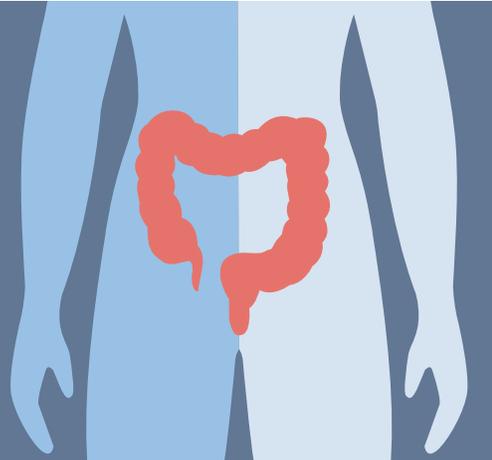


Fear no colonoscopy



For those new to it, a colonoscopy can seem scary. But this routine exam is easier than you think. And most importantly, it could save your life.

Let's start with the facts

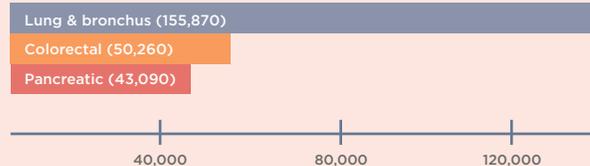
A colonoscopy allows your doctor to look at the inner lining of your large intestine. It helps your doctor screen for cancer or precancerous growths in the colon or rectum.

Colonoscopies are not scary, but these stats are:



Colorectal cancer is the **second leading cause of cancer deaths**

Estimated deaths for 2017



Source: American Cancer Society

Only 59% of people aged 50 or older reported getting screened

(for whom screening is recommended*)



*According to the National Health Interview Survey



Step 1: Prep

This is the most important step. Your doctor will require that you only consume a diet of clear liquids, such as sports drinks and broth for 24 hours.

In advance of the procedure, your doctor will most likely prescribe a laxative drinking solution that will make you — you know — go. The most commonly prescribed regimen includes two doses of the laxative, the second to be given about 5 hours before the procedure.



Step 2: Sedate

You'll lie on your side on the exam table for the screening. But you'll be comfortably sedated the whole time. In fact, most people don't even remember it.

Step 3: Screen

For 20 to 30 minutes, your doctor will use a small, tube-like instrument to view your colon. Most precancerous lesions will be removed at this time.



Step 4: Wake up

You'll stay in a recovery room for about an hour as you wake up from the sedative. Some patients report mild cramping or gas, but no pain.

Step 5: Go home

You will need someone to drive you home, but you can eat once you get there. The next day you can get right back into your regular routine.



From the expert

“Colon cancer is preventable and potentially curable if detected early. Screening 80 percent of the population could prevent over 200,000 deaths a year. Although there are several tests available for screening, a colonoscopy is an integral part of early detection of colon cancer. The best screening test is the one that gets done.”

— Dr. Ananthram Reddy, a board-certified gastroenterologist affiliated with Sharp Grossmont Hospital