

Meg Gets a Colonoscopy

Colorectal screening saves lives

3 days before ...

So, you're having a colonoscopy? Good for you. Here's your medicine for the prep. Be sure to read the instructions carefully.

I've heard it can be rough! Is there anything I can do to make it easier?

It's not as bad as people say, but you *will* want to stay close to the bathroom. You can eat a low-fiber diet a few days before to make it easier. The day before your procedure, stick to a clear, liquid diet.

You should avoid



Whole grains



Nuts & Seeds



Raw fruit



Dried fruit

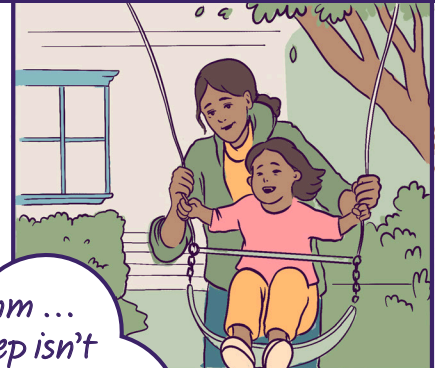


Vegetables

Have these handy: Baby or adult wipes with aloe and vitamin E • Diaper cream • Petroleum jelly

The day before ...

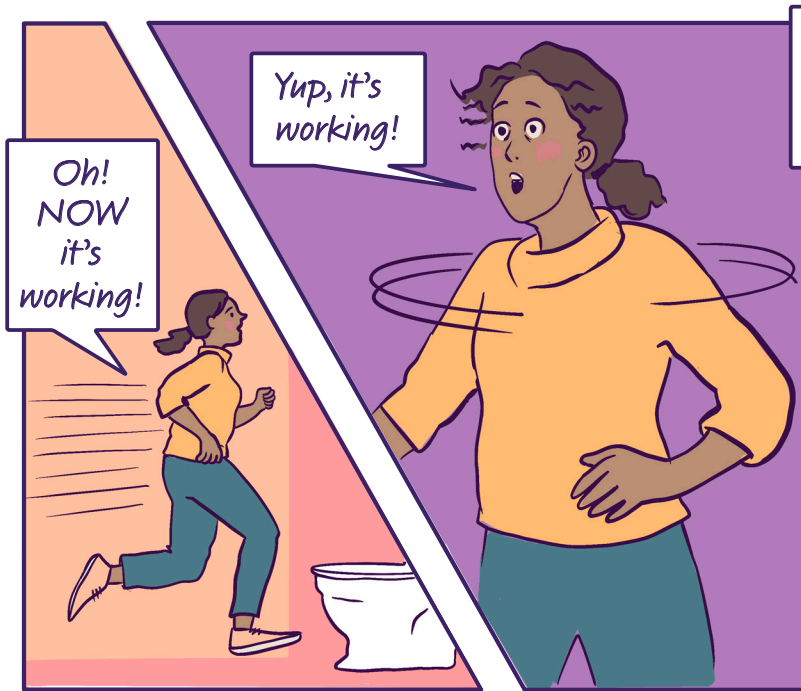
So, I have to take these pills with a full glass of water until I finish them.



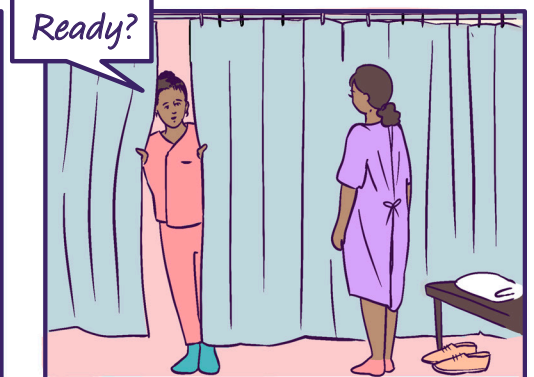
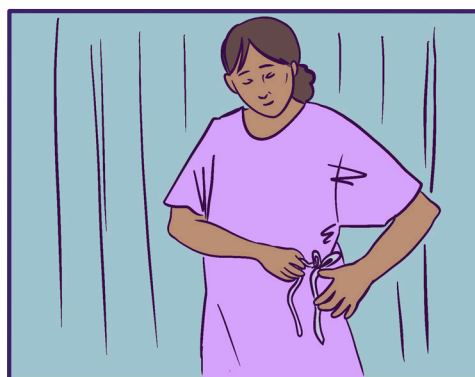
Hmmm ... the prep isn't working. I really thought I'd be feeling it by now.



Bowel prep kits can be liquid, tablets, pills or powder.



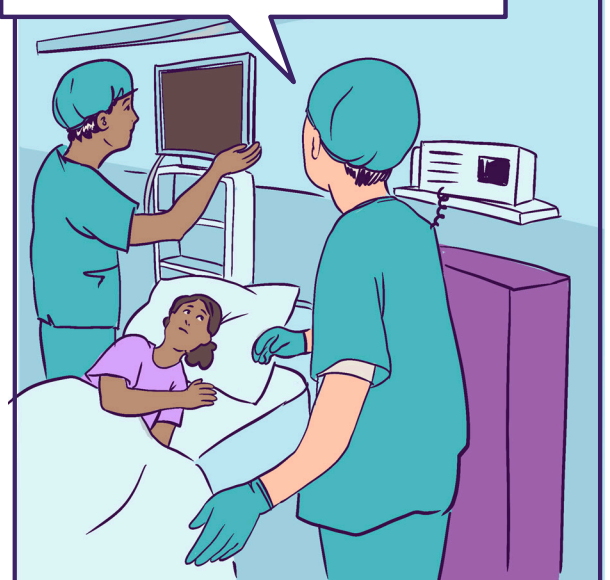
The day of the procedure ...



We're just going to make you comfortable, give you a sedative and use a small camera to take a look at your colon. We'll be checking for polyps and any other abnormalities.



Now ... count backward from 100.





Screening Guidelines

All adults should be screened for colon cancer starting at age 45.

Adults with increased **risk factors** may need to be screened earlier. Ask your healthcare provider what's good for you.

Risk Factors Include

- Family history of colorectal cancer
- Inflammatory bowel disease
- Certain genetic syndromes, including
- Lynch syndrome
- Tobacco & alcohol use
- Overweight and obesity
- A low-fiber, high-fat diet
- **Ashkenazi Jewish heritage**

Follow-up Guidelines

After your test is over, your HCP will tell you when to get screened again.

If you have polyps, follow-up could be anywhere from one month to 10 years.