

# Get Checked for Colorectal Cancer.

## Colonoscopy Saves Lives.

### What is colorectal cancer?

- People get colorectal cancer when cells in the colon or rectum start to grow out of control, forming a growth called a tumor.
- Colorectal cancer can usually be prevented or cured if found early, so it is important that you get tested.

### What are the signs of this cancer?

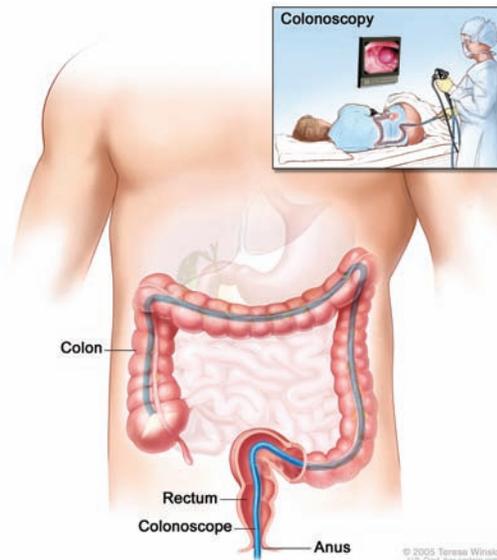
- Usually there are no signs, so it is important to have a colonoscopy every 10 years, even if you feel healthy.
- When people **do** get signs, they may feel over-tired, have low iron, sudden weight loss, bleeding from the rectum, diarrhea or constipation that lasts for a while.

### Why should I be tested?

- If a growth is found early, your doctor can find it and remove it **before** it becomes cancer.
- If you **don't** get tested and the cancer grows, it can be dangerous and even fatal.

### What is a colonoscopy?

- During a colonoscopy, a small, flexible tube is inserted into your rectum so that your doctor can look at the walls of your rectum and the entire colon.
- A tiny camera attached to the tube takes pictures as it moves through the colon; your doctor can see these pictures on a screen.
- If growths are found, the doctor usually removes them immediately.
- The entire test lasts 30 to 60 minutes.



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### What happens before the test?

- About one day before the test, you will need to change your diet and drink a large amount of medicine to clean out your insides. You will have to use the bathroom often.
- You may have to stop taking some medicines that you normally take. You should talk to your doctor about this.
- The day of the test you should not eat or drink anything.
- Right before the test, you will be given medicine to make you sleepy and relaxed.

### What happens after the test?

- You will rest in the recovery area until the medicine wears off.
- You will need someone to take you home.

### Are there risks?

- Colonoscopy is safe; however, there are slight risks.
- Sometimes people have an unwanted reaction to the medicine they are given before the test.
- Bleeding can happen when a growth is removed; this bleeding usually stops on its own.
- In rare cases, the test can cause a tear in the wall of the colon or rectum. This can cause pain and you may need surgery to fix it.
- **After your test, contact your doctor if you:**
  - See blood from your rectum or in your bowel movement
  - Feel dizzy
  - Have severe pain in your belly
  - Have fever and chills

### Does the test hurt?

- Most of the time, the test does not hurt.
- You might feel pressure, bloating or cramping during the test.
- The medicine you get before the test will make you feel calm and relaxed.

# How to Prepare for Your Colonoscopy

**Health Care Provider:** Fill in the appropriate days and dates below, check the box next to the prep you have prescribed, and fill in the time to begin prep.

<p><b>7 days before</b> Day: _____ Date: _____</p>	<p><b>If you take any of the following medications, talk to your doctor about how to adjust your medications the week before the colonoscopy:</b></p> <ul style="list-style-type: none"> <li>• Aspirin</li> <li>• Ibuprofen</li> <li>• Medicine for pain or arthritis</li> <li>• Blood thinners</li> <li>• Iron supplements</li> <li>• Diabetes medicines</li> </ul>
<p><b>6, 5, 4, 3, 2 days before</b></p>	<p><b>Follow a normal diet and drink plenty of fluids.</b></p>
<p><b>1 day before</b> (Medication) Day: _____ Date: _____</p>	<p><b>Bowel preparation</b> (Use the checked preparation):</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p><input type="checkbox"/> <b>4-liter mixture (PEG)</b></p> <ul style="list-style-type: none"> <li>• You will get a large jug with a small amount of powder in it.</li> <li>• Add water to fill the jug and shake it well.</li> <li>• At ____: ____, drink 1 glass of the mix every 10 minutes until it is gone.</li> </ul> </div> <div style="width: 30%; text-align: center;">  </div> <div style="width: 30%;"> <p><input type="checkbox"/> <b>2-liter mixture with laxative pills (PEG 3350 + bisacodyl)</b></p> <ul style="list-style-type: none"> <li>• You will get laxative pills and a jug with a small amount of powder in it.</li> <li>• At noon, take 4 laxative pills.</li> <li>• Add water to fill the jug and shake it well.</li> <li>• After a bowel movement, or at 6:00 pm, drink 1 glass of the mix every 10 minutes until it is gone.</li> </ul> </div> <div style="width: 30%; text-align: center;">  </div> <div style="width: 30%;"> <p><input type="checkbox"/> <b>Low-volume mixture with laxative pills (PEG 3350 + bisacodyl)</b></p> <ul style="list-style-type: none"> <li>• You will get laxative pills and a small bottle filled with white powder.</li> <li>• At noon, take 4 laxative pills.</li> <li>• After a bowel movement, or at 6:00 pm, mix 1 capful of powder with one 8oz -glass of clear liquid and drink. Do this every 10 minutes until you have had 8½ glasses.</li> </ul> </div> <div style="width: 30%; text-align: center;">  </div> </div>
<p><b>1 day before</b> (Diet) Day: _____ Date: _____</p>	<p><b>Diet instructions for all preparations:</b></p> <ol style="list-style-type: none"> <li>1. Starting when you wake up, <b>do not eat any solid food.</b> Do not eat any of the following: grains (breads, pasta, rice, cereal, etc.); fish; meat; milk products (milk, cheese, ice cream, yogurt, butter, etc.); vegetables or fruit.</li> <li>2. Follow a <b>clear liquid diet.</b> Have as much as you like of the following liquids all day:             <ul style="list-style-type: none"> <li style="width: 50%;">• Clear broth (vegetable or fat-free chicken)</li> <li style="width: 50%;">• Frozen popsicles (not red or purple)</li> <li style="width: 50%;">• Fruit juice (strained, without pulp)</li> <li style="width: 50%;">• Sports drinks (not red or purple)</li> <li style="width: 50%;">• Jello (not red or purple)</li> <li style="width: 50%;">• Soda/seltzer (clear liquids only—no colas)</li> <li style="width: 50%;">• Tea or coffee (without milk or cream)</li> <li style="width: 50%;">• Water or ice</li> </ul> </li> <li>3. Be sure to have <b>at least 8 servings</b> of clear liquids (1 serving = 8oz).</li> </ol> <div style="text-align: right;">  </div>
<p><b>Day of Colonoscopy</b> Day: _____ Date: _____</p>	<ol style="list-style-type: none"> <li>1. <b>Do not eat or drink anything.</b> (Note: If your doctor instructed you to take any medications, you may have water to take your pills).</li> <li>2. <b>Be sure an adult will take you home after the test.</b></li> </ol> <div style="text-align: right;">  </div>