

Colonoscopy: What You Need To Know

Colonoscopy

- A colonoscopy is a procedure that lets your health care provider see your large intestine (colon).
- This procedure is done using a long, flexible tube (a “scope”) that passes into your rectum and through your colon.
- You will lie on your left side during your procedure.
- If your health care provider finds abnormal tissue, he or she may take a small tissue sample (biopsy). The sample will be sent to the lab for testing. A biopsy is not painful.
- If your health care provider finds a polyp (a finger-like growth) he or she will remove it through the scope (polypectomy). The polyp will be sent to the lab for testing. A polypectomy is not painful.
- The procedure takes about 15 to 30 minutes.

Kev Kuaj Xyuas Sab hauv Txoj Hnyuv Qhov Quav: Tej Yam uas Koj Yuav Tsum Paub

Kev Kuaj Xyuas Sab hauv Txoj Hnyuv Qhov Quav

- Ib txokev kuaj sab hauv txoj hnyuv yog ib txoj kev kuaj mob uas cia koj tus kws kho mob saib sab hauv koj txoj hnyuv loj (colon).
- Txoj kev kuaj xyuas no yog siv ib txoj yas me me, uas hu ua ib txoj yas thaj duab mus rau ntawm koj qhov quav thiab mus rau hauv koj txoj hnyuv loj.
- Thaum ua txoj kev kuaj xyuas no koj yuav pw ua ntsais rau ntawm koj sab laug.
- Yog tias koj tus kws kho mob pom ib co nqaij uas txawv txav, tej zaum nws yuav tshem ib qho nqaij me me ntawd coj mus kuaj (biopsy). Yuav xa qhov nqaij ntawd mus rau ib qho chaw kuaj xyuas. Kev tshem nqaij coj mus kuaj li no yeej tsis ua rau yus hnov mob.
- Yog tias koj tus kws kho mob nrhiav tau ib qho hlwv nqaij (uas yog ib co nqaij uas hlav tuaj) nws mam li siv txoj yas muab tshem tawm (txiav hlwv nqaij tawm). Yuav xa qhov hlwv nqaij ntawd mus rau ib qho chaw kuaj xyuas. Kev txiav qhov hlwv nqaij coj mus kuaj yeej tsis ua rau yus hnov mob.
- Txoj kev kho mob no yuav kav li 15 mus rau 30 na this.

(over)

The Week Before Your Procedure

- You will receive a phone call from a nurse within 1 week of your procedure.
- Tell your primary care provider if you:
 - take warfarin (Coumadin®, Jantoven®) or any type of blood thinners
 - take insulin or a diabetes pill. He or she may want to change your dosages.
- **Three days before your procedure,** stop taking iron pills or iron supplements. Do not eat popcorn, seeds or nuts.
- Tell the health care provider performing your procedure if you:
 - are allergic to any medicines or latex
 - are pregnant
 - have bleeding after surgery.
- **Arrange to have someone drive you home after your procedure.** You will not be able to drive after your procedure. You cannot take public transportation home alone.
- You will not be able to return to work after the procedure.

Two Days Before Your Procedure

- You will need to fill your prescription for the prep items or buy them over-the-counter (listed on your instructions) at your pharmacy.

Lub Lim Piam Ua Ntej Koj Txoj Kev Kuaj Mob No

- Lawv mam li hu xov tooj tuaj rau koj li 1 lim piam ua ntej koj txoj kev kho mob no.
- Qhia koj tus thawj kws kho mob yog tias koj:
 - noj cov tshuaj warfarin (Coumadin®, Jantoven®) los sis ib yam tshuaj twg uas ua rau koj cov ntshav sab tuaj
 - txhaj cov tshuaj insulin los sis noj tshuaj rau ntshav qab zib. Tej zaum nws yuav xav pauv seb koj noj ntau npaum li cas.
- **Peb hnuv ua ntej koj txoj kev kuaj mob,** tsum tsis noj cov ntsiav tshuaj ntxiv hlau los sis khoom ntxiv roj ntshav. Tsis txhob noj paj kws, noob los sis txiv qhib.
- Qhia tus kws kho mob uas tab tom ua txoj kev kuaj mob no yog tias koj:
 - phiv rau ib yam tshuaj twg los sis cov yas latex
 - xeeb ib plab me nyuam
 - los ntshav tom qab ib txoj kev phais twg.
- **Npaj kom leej twg xa koj mus tsev tom qab koj txoj kev kuaj mob no.** Koj yuav tsis muaj cuab kav tsav tsheb tom qab koj raug phais tas. Koj caij tsis tau cov tsheb npav los sis tsheb ciav hlau mus tsev koj ib leeg xwb.
- Koj yuav tsis muaj cuab kav rov qab mus ua hauj lwm tom qab txoj kev kuaj mob no.

Ob Hnuv Ua Ntej Koj Txoj Kev Kuaj Mob No

- Koj yuav tau mus nqa tshuaj uas kws kho mob sau rau koj npaj koj tej plab hnyuv los sis yuav kiag tom kiab khw (lawv sau tej lus qhia cia) nyob tom qhov chaw muag tshuaj.

The Day Before Your Procedure

- For the entire day: follow a clear liquid diet. A clear liquid diet consists of water, clear broth or bouillon, soda pop, sports beverages, gelatin (no red gelatin), frozen ice treats on a stick, coffee or tea, and fruit juices without pulp (apple, white grape). You may also have hard candy. **Do not eat solid food.**
- Drink at least 8 glasses of water.
- **Do not drink:** tomato juice; orange juice; any red-, orange-, purple- or dark blue-colored liquids; alcoholic beverages; milk or non-dairy creamer. **Do not eat any solid food.**
- You may use healing ointment (Vaseline[®], Desitin[®]) on the area around your anus to protect your skin from getting sore.

The Day of Your Procedure

- Take any other regular medicines with a small sip of water the morning of your procedure.
- You may have clear liquids up to 4 hours before you are scheduled to arrive for your procedure.
- When you arrive for your procedure, check in at the registration desk.
- Your driver should plan on staying in the facility during your procedure.
- You will be asked to wear a hospital gown and slippers.
- A nurse will review your medical history with you. You will be asked to sign a consent form.
- A nurse will insert an intravenous (IV) line into your hand or arm.

Hnub Ua Ntej Koj Txoj Kev Kuaj Mob No

- Rau tag nrho hnub ntawd: tsuas pub haus tej yam dej ntshiab huv. Txoj kev haus tej yam dej ntshiab huv txhais tau hais tias haus dej dawb, kua zaub los sis kua nqaij, dej pev xij, cov dej uas haus thaum ntaus kis las, cov kua nplaum (tsis pub noj cov kua nplaum uas yog xim liab), dej khov nab kuab uas yus yaim, kas fes los sis tshuaj yej, thiab dej txiv hmab txiv ntoo uas tsis muaj txos (txiv as paum, txiv hmab dawb). Koj kuj noj tau cov khob noom tawv. **Tsis txhob noj cov tseem zaub mov.**
- Haus tsawg kawg nkaus 8 khob dej dawb.
- **Tsis txhob haus:** dej txiv lws suav; dej txiv kab ntxwv; ib yam dej twg uas yog xim liab-, kab ntxwv-, xim paj yeeb liab- los sis xim xiav; dej cawv; mis nyuj los sis cov khoom mis nyuj xyaw kas fes. **Tsis txhob noj mov kiag li.**
- Koj muaj cai pleev cov tshuaj pleev (Vaseline[®], Desitin[®]) rau ntawm koj lub qhov quav pab kom tsis txhob mob los sis ntse.

Hnub uas ua Koj Txoj Kev Kuaj Mob No

- Noj koj txhua yam tshuaj tsuas pub haus dej me ntsis rau thaum sawv ntxov yuav ua txoj kev kuaj mob no.
- Koj muaj cai haus cov dej ntshiab huv mus txog 4 xuab moos ua ntej lub sij hawm uas teem tseg rau koj tuaj ua txoj kev kuaj mob no.
- Thaum koj tuaj txog yuav ua txoj kev kuaj mob no, cia li mus ua ntaub ntawv.
- Tus neeg uas tsav tsheb xa koj mus tsev yuav tsum nyob twj ywm hauv lub tsev kho mob thaum koj tab tom raug kev kuaj no.
- Lawv yuav hais kom koj hnav lub tsev kho mob ib lub tsho tshaj sab thiab ib nkawm thoom thaub.
- Ib tug nais maum yuav nrog koj tham txog koj keeb kwm mob nkees. Lawv yuav hais kom koj sau npe rau ib daim ntawv tso lus.
- Ib tug nais maum yuav tso ib txoj yas (IV) hauv ib txoj leeg ntshav ntawm koj txhais tes los sis txhais caj npab.

Will It Be Uncomfortable?

- You will be given medicine through an IV line to help you relax and reduce your pain. The medicine may put you to sleep.
- You may feel cramping and gas-like pain.
- Take slow deep breaths to help you relax.
- Tell your health care provider or nurse if you are uncomfortable.

After Your Procedure

- **You must have someone drive you home and stay with you for 24 hours after your procedure.** If you do not have an adult to drive you home, your procedure will be canceled. You cannot take public transportation home alone.
- Do not return to work after your procedure.
- You may resume your normal foods, beverages and medicines.
- Your stools may not return to normal for 3 to 5 days.
- Your health care provider will talk with you about any problems.

If You Had a Polyp Removed or Other Biopsy Taken

- Look for signs of bleeding, such as black or red stools. You may have bleeding up to 2 weeks after your procedure.
- You will receive your results in 1 to 2 weeks.

Puas Yuav Mob?

- Yuav txhaj ib co tshuaj rau koj txoj yas IV no kom pab koj nyob tswm thiab tsis tshua hnov mob. Tej zaum cov tshuaj no yuav ua rau koj tsaug zog.
- Tej zaum koj yuav mob plab chaub thiab zoo nkaus li tsam plab.
- Maj mam ua tej pa hlob hlob kom koj nyob tswm.
- Qhia koj tus kws kho mob los sis nais maum yog tias koj tsis xis nyob.

Tom Qab Koj txoj Kev Kuaj Mob No

- **Koj yuav tsum muaj leej twg tsav tshab xa koj mus tsev thiab nrog koj nyob li 24 xaub moos tom qab koj txoj kev kho mob.** Yog koj tsis muaj ib tug neeg laus nrog koj tuaj uas yuav xa koj mus tsev, ces lawv yuav tsis ua koj txoj kev kuaj mob no. Koj caij tsis tau cov tshab npav los sis tshab ciav hlau mus tsev koj ib leeg xwb.
- Tsis txhob sim rov qab mus ua hauj lwmm tom qab txoj kev kuaj mob no.
- Koj mam li rov qab noj mov, haus dej thiab noj tshuaj li koj ib txwm noj.
- Tej zaum yuav yog li 3 mus rau 5 hnuv koj cov quav yuav rov qab tawv li qub.
- Koj tus kws kho mob yuav nrog koj tham txog ib yam teeb meem twg.

Yog tias Tau Txhob Ib Hlwm Nqaij Tawm los sis Tshem Ib Qho Nqaij Coj Mus Kuaj

- Xyuas seb puas muaj tej cim uas qhia tias yus los ntshav, ib yam li yus cov quav dub nciab los sis liab liab. Tej zaum koj yuav los ntshav li 2 lim piam tom qab koj txoj kev kuaj mob no.
- Yuav yog 1 mus rau 2 lim piam koj mam li kawm seb lawv kuaj tau li cas.

When To Call Your Health Care Provider

Call your health care provider if you have one or more of the following after your procedure:

- any unusual abdominal or shoulder pain
- temperature higher than 100.5 F
- chills
- rectal bleeding.

Your Procedure

Location: _____

Health care provider: _____

Date: _____

Arrival time: _____ a.m. / p.m.

Procedure time: _____ a.m. / p.m.

Phone number: _____

Call the phone number above if you have questions about your procedure. If you need to cancel or reschedule, please call at least 24 hours before your procedure.

Yuav Tsum Hu Koj tus Kws Kho Mob Thaum Twg

Hu koj tus kws kho mob yog tias koj muaj ib los sis ob peb yam nram qab no tom qab koj txoj kev kuaj mob no:

- mob plab txawv txav los sis mob ntawm koj lub xub pwg
- kub taub haus tshaj 100.5 F
- ua daus no
- los ntshav ntawm lub qhov quav.

Koj Txoj Kev Kuaj Mob

Qhov chaw twg: _____

Tus kws kho mob: _____

Hnub tim: _____

Tuaj txog thaum: _____
teev sawv ntxov / teev tsaus ntuj

Yuav ua txoj kev kuaj mob thaum:
_____ teev sawv ntxov
/ teev tsaus ntuj

Naj npawb xov tooj: _____

Hu tus naj npawb xov tooj saum toj no yog koj muaj lus nug dab tsi hais txog koj txoj kev kuaj mob. Yog tias koj tuaj tsis tau los sis xav rov qab teem caij rau lwm lub sij hawm, thov kom koj hu tuaj li 24 xwab moos ua ntej koj txoj kev kuaj mob no.