

What to Expect: Getting a Colonoscopy

What is a colonoscopy?

- A colonoscopy is a test that looks at the inside of your colon. One reason the test is done is to look for colon cancer and polyps that could one day turn into colon cancer.

What prep do I need to do before the test?

- For a colonoscopy, your colon and rectum need to be empty and clean. Before the test, your doctor will give you a medicine to take that will clean you out and make you go to the bathroom often.
- Your doctor will also give you instructions about when you will need to stop eating and drinking the day before the test.
- If you take any prescription medicines, talk with your doctor about how to manage them for that day.

Do colonoscopies hurt?

- **Getting a colonoscopy does not hurt.** Your doctor will give you a sedative (a drug that makes you very sleepy) during the test, so you won't feel anything or remember much of the test.

What happens after the test?

- You will need a family member or friend to take you home after the test and should take the rest of the day off work. Your doctor will talk with you about your test results after the test or at your next visit.

Talk to your CHN doctor if you have more questions!