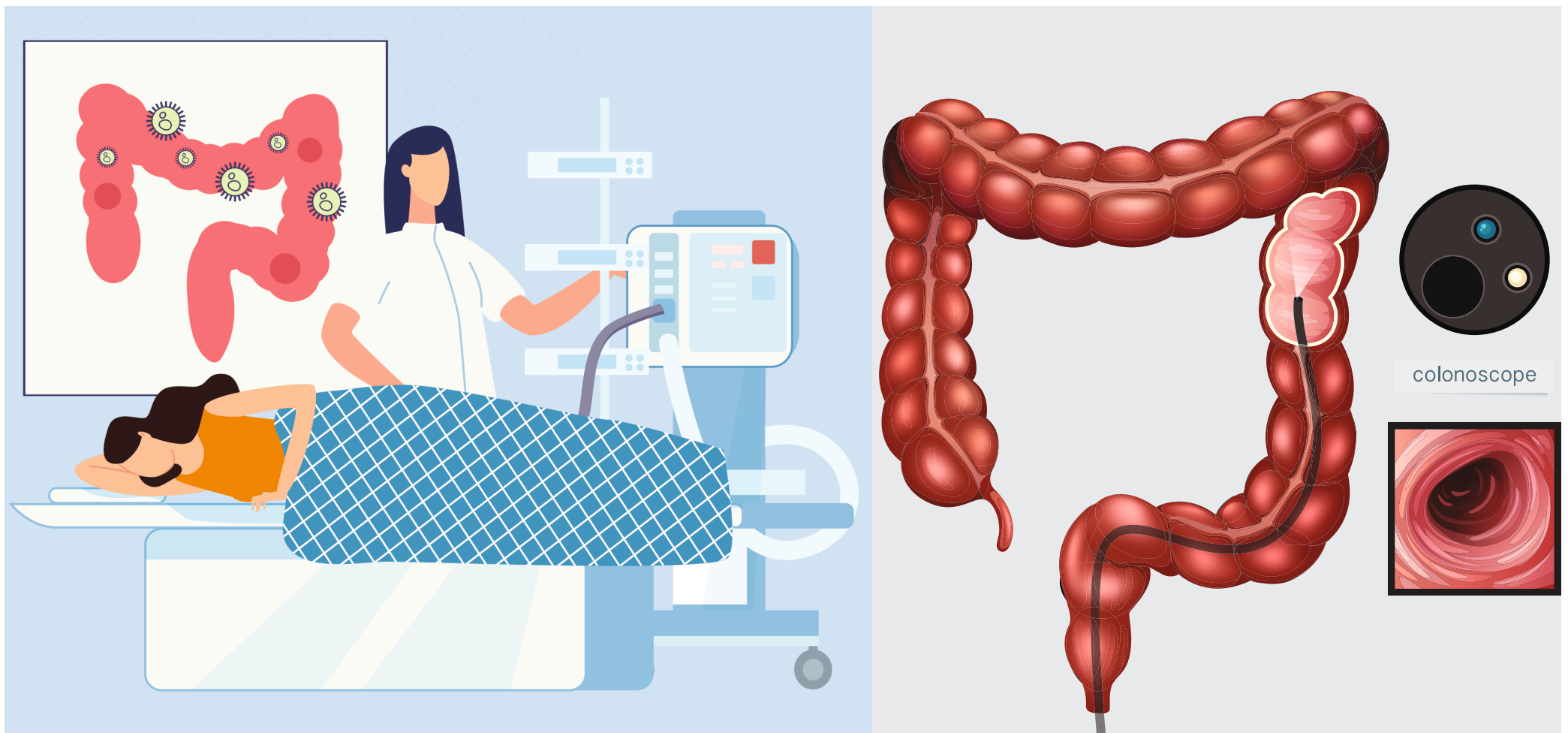




COLONOSCOPY



Overview:

Colonoscopy is a procedure used to detect changes or abnormalities in the large intestine / colon and rectum.

Pre Preparation:

- You must have a low fiber diet. Avoid ragi, fruits, tomatoes, green leafy vegetables and non-vegetarian food a day before the test.
- Pre medication as advised by your doctor needs to be taken before the test.
- You must inform your doctor about any underlying medical conditions and all drugs that you are taking especially blood thinning medication.
- This procedure will take about 15 to 20 minutes.
- Coloprep preparation will be given to you just before the procedure. This will help you pass clear stools to ensure your bowels are completely cleared. The procedure can be initiated only after this. If in case you require enema for ensuring clear bowels, it may be administered.
- Your procedure will be done by a doctor and he will be assisted by the technician.

During Procedure:

- You will be settled comfortably in an area where your privacy is respected throughout the procedure. You will be given a hospital gown to change into.

- You will have to remove your eye glasses, contact lenses & dentures, if any.
- The doctor will pass the colonoscopy through your anus, into the rectum and advance it through the colon.
- You may experience some abdominal cramping and bloating due to pressure from the air which is introduced into your colon. This is normal and will pass quickly.
- Through this colonoscopy, if necessary, small tissue samples (biopsies) can be taken during the examination painlessly for pathological analysis.

Post Procedure:

- You will remain under observation for about 30 minutes, post procedure.
- If you were administered a sedative, a companion must be available to drive you home. For the remainder of the day you should not drive a car, operate a machinery or make important decisions as the sedation impairs your reflexes and judgment.
- Colonoscopy is generally a safe procedure although in rare occasions minor complications could occur. In such cases, please contact your doctor immediately.