



# COLONOSCOPY



If you need to cancel your appointment, notify us 5 days in advance

- Sherbrooke : 819-564-5210
- Memphrémagog : 819-564-5210
- Val-des-Sources : 819-879-7151 ext. 39300
- Haute-Yamaska : 450-375-8000 ext. 62442
- La Pommeraie : 450-266-4342 ext. 35508
- Granit : 819-583-0330  
the day during the week: ext. 36945  
evenings, nights, weekends and holidays:  
ext. 37797

**\*\*\*IMPORTANT\*\*\***

**Arrange to have someone take you home. You will not be able to drive your vehicle until the morning after your examination because of the medication that you will receive.**



## WHAT IS A COLONOSCOPY?

A colonoscopy is a procedure that allows the doctor to examine the colon for any abnormalities such as inflammation, polyps, or cancer. The examination takes about 20 to 30 minutes.

## WHAT HAPPENS DURING THE EXAMINATION?

The colonoscope is a flexible tube about the size of a finger fitted with a camera. It is inserted into the anus and slowly advanced into the colon. The doctor may take a biopsy (a tiny piece of tissue) or remove polyps. These need to be removed as they can develop into cancerous lesions.

Intravenous medication is administered during the examination for your comfort. They will help you relax and make you sleepy. Tell the doctor if you feel pain during the examination.

## WHAT HAPPENS AFTER THE EXAMINATION?

- You will remain under observation until the effects of the medication have almost worn off (about 30 minutes).
- The staff will monitor your blood pressure, heart rate, and breathing.
- It is normal to feel bloated, gassy, tired, and nauseated.

### Potential complications

While colonoscopy is a safe procedure with very low risk, there are some potential complications:

- **Bleeding:** less than one in 100 to 200 persons.
- **Perforation:** less than one in 1000 or 2000 persons.

## RECOMMENDATIONS

### BEFORE THE EXAMINATION (MEDICATION)

- If you are taking a **blood-thinning medication** (antiplatelet or anticoagulant), inform your family doctor or the professional who ordered the procedure to find out what to do before your colonoscopy.
- If you are taking **iron, stop taking it 7 days** before the colonoscopy.
- **It is not necessary to stop aspirin and anti-inflammatory drugs Aggrenox® and Persantine®** before the colonoscopy.
- Refer to the other information sheets you have been given to find out the procedures to follow before the examination.



### DAY OF THE EXAMINATION

- **Take your usual medication, unless your doctor advises otherwise or if you are diabetic.** If you are diabetic, do not take your diabetes medication and follow the recommendations in the leaflet "How to Prepare for a Colonoscopy for a Person with Type 2 Diabetes."
- Avoid using moisturizer on your body.
- Leave your jewelry, piercings, and valuables at home.
- Arrive 30 minutes before your scheduled examination time.
- Tell the staff if you have a pacemaker or if you are diabetic.

#### ITEMS TO BRING

- An up-to-date and complete list of the medications you are taking
- A list of your allergies
- Hospital card and health-insurance card
- Reusable bag for your personal belongings

### AFTER THE EXAMINATION

After the examination, if you have severe stomach pain, chills, fever, or significant bleeding:



Call Info-Santé 811.



Consult with your family doctor or go to a walk-in health clinic.



Go to the nearest hospital emergency department.

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#### Revision and Layout

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