



LONG COLONOSCOPY

YOUR EXAM

In this procedure a flexible tube is introduced through the anus. The tube has a tiny camera and light at the end of it that allows to examine the large intestine and detect the presence of lesions. The most common type of lesions is called polyps^[1].

During the procedure, your doctor may take a biopsy^[2] or remove the polyps.

[1] Polyps are benign tumours which may measure from several millimeters to several centimeters. They should be removed because the lesions can become cancerous.

[2] A medical test involving the removal of a very small part of tissue (few millimeters) in order to analyse and to determine their nature.

WHAT TO DO BEFORE YOUR EXAM

It is important to follow the preparation instructions and the recommended guidelines, because the quality and safety of your exam depend on it.

- If you are taking **Coumadin (Warfarin), Plavix, or Heparin**, notify your family doctor or the one who prescribed the medication to know the procedure to be followed before your appointment.
- Bring an **up-to-date list of all medications** you are taking and be sure to mention any known allergies.
- **Iron**: stop taking it 7 days (one week) before the exam.
- **Aspirin**: you can continue taking it, unless otherwise advised by your doctor.
- Notify the staff if you have a pacemaker.
- **If you are diabetic**, notify the staff. The exam will have to be planned in the morning.
- Do not wear **jewellery** or **nail polish** the day of the exam.
- Arrive **30 minutes before** the scheduled time of your exam.

IMPORTANT

The effect of the sedative or painkiller that you will receive during the exam can act on a period of 24 hours. Thus, you will not be able to drive after the exam, so we ask that you be accompanied by a friend or family member. If nobody of your entourage is available, we ask you to call on to a service of volunteers or taxi.

DURING THE EXAM

- The exam may last from 15 to 60 minutes.
- You will be moved to an examination stretcher.
- You will lie on your left side.
- The nurse will give you a mild sedative to keep you comfortable and help you relax.
- When you will be ready, the doctor will introduce the tube in your anus. **It is important to mention if you feel any pain.**

AFTER THE EXAM

- You will be kept in an observation area for about 30 minutes.
- The staff will regularly check your blood pressure and other vital signs such as your heart rate and respiration.
- It is normal to feel bloated or have gas.
- It is normal to feel tired and nauseous.

AT HOME

The overall risk of complications with this exam is very low:

- Bleeding;
- Gastrointestinal perforation.

If you have severe stomach pains, chills or bleeding:



Consult your family doctor.



Call Info-Santé 811.



Go to your nearest hospital emergency department.

Revision and layout

Service des communications

Direction des ressources humaines, des communications et des affaires juridiques

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If you must cancel your exam, please notify the staff at 819 346-1110, ext 29014.