Colonoscopy

**Definition:** A colonoscopy is a flexible tube that allows a doctor to view the entire colon, so in addition to diagnosing the disease, if a complication or polyp is seen, the polyp can be sampled or removed.

**What is Colonoscopy?**

Colonoscopy is a method used to look at the large intestine and rectum to diagnose inflamed tissue, ulcers, and abnormal growth of intestinal tissue and polyps. When a patient has some problems with defecation, abdominal pain, rectal bleeding, or weight loss, a colonoscopy is often recommended for a closer examination.

Today, colonoscopy can be performed for several purposes:

**Diagnostic Colonoscopy:** To check out clinical signs such as bleeding, chronic diarrhea, anemia, weight loss, feeling of not emptying completely after defecation, bloating and excessive gas, weakness, lethargy and fatigue, stomachache and defecation changes.

**Screening Colonoscopy:** It is performed in healthy people without gastrointestinal symptoms to prevent the occurrence or diagnosis of colorectal cancer by early detection of precancerous lesions (polyps) and their removal.

**Therapeutic Colonoscopy:** It is done intentionally to remove precancerous lesions (polyps). Of course, it is also used to treat bleeding lesions of the large intestine, such as hemorrhoids, ulcers of the large intestine, etc.

**Colonoscopy Preparations:** The success of the procedure depends on the readiness of the colon. Adequate colon cleansing results in complete observation and reduces the time required for the procedure. Laxative use starts two nights before colonoscopy. Enema may be needed on the day of surgery, until the intestines are cleansed and the return solution is clear. The patient should eat fluids from noon of the day before the surgery, and he/ she should use NPO from the night before the surgery. If procedures such as polyp resection are performed with a colonoscopy, patients with implantable defibrillators and pacemakers will be at risk for dysfunction.

Patients with an artificial heart valve or a history of endocarditis should use antibiotics as prophylaxis before the procedure.

**How to do a Colonoscopy**

During the colonoscopy, the patient lies on his or her left side on the bed. Often, a mild sedative is injected into the patient so that he or she is relaxed and does not feel pain during the test.

**Removing Polyps and Biopsy:**

If a doctor finds polyps in the colon, he or she will remove them and send them to a laboratory for testing for cancer.

Polyps are common in adults but are often safe. However, sometimes colon cancer starts with a polyp. Therefore, their removal is effective in preventing colon cancer.
During the colonoscopy, if the doctor sees abnormal tissue, he or she will take a sample for a biopsy.

**Post-Colonoscopy Care:**

Colonoscopy usually takes between 30 and 60 minutes. The patient should remain in bed until full consciousness. It is important to control vital signs, abdominal pain and bloating, pulse oximetry, skin color and temperature after surgery.

**Control of symptoms of perforation and rupture of the intestine such as:** rectal bleeding, abdominal pain, bloating, fever, local peritoneal symptoms

After this therapeutic procedure, the nurse should instruct the patient to report any bleeding.

If you have any questions or ambiguities, call the following number?

023-33437821, Endoscopy ward of Kosar Hospital