

## Why Colonoscopy?

Colorectal cancer, or CRC, strikes 1 in 20 people during their lifetime. The risk of CRC doubles and triples with a positive family history of CRC.

## Why Colonoscopy at Lakeside?

Our doctors and staff have developed the “Gentle Colonoscopy.” This means additional emphasis on privacy, comfort, environment and communication for Lakeside patients. Ask about Lakeside’s “Gentle Colonoscopy” when you make your appointment.

Here is what our patients have to say:

*“The colonoscopy staff was wonderful. Dr. Blalock was excellent. Her nurse answered all of my questions. They all made my procedure very tolerable.”*

—Laura C. OKC

*“The doctor and nurses were great and helped ease the anxiety I had over the colonoscopy procedure. Thanks”*

—Jennifer W. Edmond

*“Thanks for being very sensitive, caring and compassionate.”*

—Deborah M. OKC

*“I was satisfied with all services provided during my procedure. The staff was very friendly and professional. They made me feel very comfortable. The facility was very nice, cozy and inviting.”*

—Ellen J. Yukon



[www.lakeside-wh.com](http://www.lakeside-wh.com)



Deborah Blalock, M.D.  
Board Certified Gastroenterologist



## Lakeside Women's Hospital

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or (405) 936-1100  
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**To schedule a “Gentle Colonoscopy”  
call (405) 936-1065.**

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**Health Care for  
Women of All Ages.**

Lakeside Women's Hospital is partially owned by physicians.



# Colonoscopy



## Lakeside Women's Hospital

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# COLONOSCOPY

## Leading Experts Agree

Leading experts agree that the best way to reduce the chance of getting colorectal cancer (CRC) is to view the inside of the colon where these cancers start. The whole length of the colon, from the rectum to the small intestine can be directly examined with colonoscopy. Any abnormalities, e.g., polyps, can be biopsied and/or removed. Colon polyps can be pre-cancerous growths. Removing polyps prevents their malignant transformation. Colonoscopy is the gold standard for screening colorectal cancer, as recommended by the American Cancer Society. Colonoscopy is recommended for anyone over 50 years of age. It is also recommended for those over age 40 with a family history of colorectal cancer.

In the last twenty years, multiple medical studies have confirmed the benefits of colonoscopic screening. Two recent studies in the *New England Journal of Medicine* further support that colonoscopy screening reduces the death rate from CRC. Public awareness of CRC has increased with TV personality, Katie Couric, undergoing colonoscopy on TV to bring attention to a preventable cancer.

Additionally, colonoscopy is a valuable procedure for evaluating other disorders of colonic origin such as chronic diarrhea, occult blood loss, change in bowel habit, abnormal x-rays and inflammatory bowel disease like ulcerative colitis and Crohn's disease.

## What Can I Expect?

For the procedure, you will lie on your left side on the examining table. You will probably be given pain medication and a mild sedative to keep you comfortable and to help you relax during the exam. The physician will insert a long, flexible, lighted tube into your rectum and slowly guide it through your colon. The tube is called a colonoscope (koh-LON-oh-skope). The scope transmits an image to a TV monitor of the inside of the colon so the physician can carefully examine the lining of the colon. The scope is flexible so the physician can move it around the curves of your colon. You may be asked to change position occasionally to help the physician pass the scope. The scope also passes air into the colon to ensure adequate visualization of the walls of the colon.

## What if My Test is Abnormal?

If anything abnormal is seen in your colon, like a polyp or inflamed tissue, the physician can remove all or part of it using instruments passed through the scope. That tissue (biopsy) is sent to a lab for testing. If there is bleeding in the colon, the physician can pass a heater probe, cautery probe, or inject special medicines through the scope to stop the bleeding.

## How Long Does the Procedure Last?

Colonoscopy takes approximately 30 to 60 minutes. The sedative and pain medicine should keep you from feeling discomfort during the exam. You will need to remain at the endoscopy facility for approximately one hour until the sedative wears off.

## What Must I do to Prepare for the Procedure?

Your colon must be completely empty for the colonoscopy to be thorough and safe. To prepare for the procedure you will be placed on a clear liquid diet beginning the day prior to your procedure. A clear liquid diet means fat-free clear broth, strained fruit juice, water, plain coffee, plain tea, or clear soda. Gelatin or popsicles in any color but red or purple may also be eaten. On the day prior to the colonoscopy you will be directed to take a laxative to ensure a thorough cleansing of your colon. Also, you must arrange for someone to take you home afterward—you will not be allowed to drive because of the sedatives.

Your physician may give you other special instructions. Inform your physician of any medical conditions and medications that you take before the colonoscopy.

**Most procedures can be conducted within 48-hours of scheduling.**