

## 1. Indications

1. Lower gastrointestinal bleeding or positive reaction of fecal cult blood test.
2. Lower abdominal pain without definite cause.
3. There is obstruction or abnormality of colon detected by abdominal radiography.
4. The surveillance after colon cancer surgery.
5. The surveillance after polyp removal (polypectomy).
6. The surveillance of history of familial colon cancer.
7. The surveillance of ulcerative colitis.
8. Iron deficiency anemia with unknown cause.
9. Chronic abdominal pain.

## 2. Purpose of therapy

1. To stop bleeding of lower gastrointestinal tract
2. Polyp removal (polypectomy)
3. Removal of foreign body
4. Decompression of megacolon or sigmoid volvulus

## 3. The attentions before

- (1) To fill out the informed consent and clear appreciation and understanding of complications of colonoscopy.
- (2) For the colonoscopy to be thorough and safe, your bowel must be completely empty. Therefore, to prepare for the procedure you may have to follow a fat-free liquid diet for two days beforehand to result in a minimal colonic fecal residue.

- (3) At 9 pm the night before the procedure, you will take laxative (such as Fleets Phospho-Soda) and to drink plenty of water. Do not eat any food that typically gives you problems with hardening of the stool after midnight.
- (4) At morning of examination day, you should take laxative again and clear liquids including rice soup, fat-free broth or bouillon, coffee without creamer, tea, fruit juice without pulp, sweat water to make both the preparation and procedure easier.
- (5) If you choose sedation for colonoscopy, do not eat any food after midnight to make the sedation smoothly.

## 4. The colonoscopy procedure

1. The colonoscope is a long, soft, bendable tube. The flexible endoscope will be lubricated and placed inside. You will feel a little pressure when this happens. The endoscope is then carefully moved up through your rectum and colon. A colonoscopy is a procedure that lets your physician look inside your entire large intestine, from the lowest part, the rectum, all the way up through the colon to the lower end of the small intestine. This instrument acts as a camera, and allows your doctor to view the inside of your digestive system to find abnormality of lumen, polyp removal and biopsy of abnormality.
2. To see this area better, your colon may be gently filled with a small quantity of air or water through the endoscope. This might cause you to feel abdominal pain, full or bloated. The intensity of discomfort or pain differs individually.

## 5. The attentions after colonoscopy

You must call emergent department if massive blood or blood clots pass per rectum or worsening abdominal pain after procedure.