

## How to Prepare for your Colorectal Cancer Screening (Colonoscopy)

A **colonoscopy** uses a camera to look for growths inside the colon. You do this screening at a clinic or hospital. The doctor may find small growths (polyps) during the colonoscopy and remove them. A colonoscopy requires some preparation and recovery. Huntsman Cancer Institute & University of Utah Health recommends that adults start screening for colorectal cancer at age 45.

### How to Prepare for Your Colonoscopy

- ❑ **Talk to your doctor** about the risks and benefits of a colonoscopy and any medications you are currently taking. Tell your doctor if any religious practices may affect your colonoscopy preparation.
- ❑ **Find a ride to the clinic for your colonoscopy.** You will also need a ride home. An adult will need to travel with you, even if you take public transportation.
- ❑ **Follow the diet and bowel preparation guidelines exactly.** You will need to do the colonoscopy again if you do not. The guidelines are given to you by the clinic. Review the guidelines with your doctor or nurse.
- ❑ **The clinic will call you** 7 days before your colonoscopy. They will answer any questions you have.

### What to Expect During Your Colonoscopy

**Step 1:** Arrive at the clinic 45 minutes early. You will undress completely and put on a gown from the clinic.

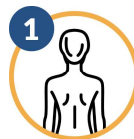
**Step 2:** A nurse will give you medicine (anesthesia) to make you sleep during the colonoscopy.

**Step 3:** The doctor will look at the inside of your colon with a small camera. If there are any growths (polyps) the doctor will remove them to check for cancer.

**Step 4:** You will be at the clinic for 2-3 hours total. The clinic will send your results in 2-3 weeks.

**Step 5:** Start eating regularly again. It is normal to have a little blood in your stool and feel bloated.

**If you still feel pain or see blood in your stool after a few days, call your Doctor.**



## Ewi wawin am bojak nan kakolkol in kenjer ko (Colonoscopy)

**Colonoscopy** rej kejerbal kamera nan lale iloan jikin bok eo. Kwoj komane pija in ilo clinic ko ak aujptol. Takto ro remaron loe men ko redik (polyps) ilo ien colonoscopy im joloke. Colonoscopy ej bok jet bojak ko im nan keijmour. Huntsman jikin ekatak kin Kenjer im Jikin jikuul ko reutiej ilo Utah Health rej kwalok bwe ritto ro ren jino etale ko nan kolarko ilo jikin kebojak eo nan kenjer ilo air 45 yio ritto.

### Ewi wawin am bojak nan Colonoscopy

- ❑ **Konono iben takto eo am** kin kauatata ko im eman ko an colonoscopy im jarewot uno ko kwoj bokekio. Jiron takto eo am elane eor kabanban ko ikijen kabun emaron jelet iok ikijenn colonoscopy bojak ko.
- ❑ **Kabok ial nan clinic eo nan am bok colonoscopy.** Kwonaj bar aikuij ial nan rol nan mweo. Ej aikuij wor ritto rej iuwe ibam, jekdron elane kwoj bok ial ko an jukjukinn bed eo.
- ❑ **Lore wawin air lewaj mona ko im karreoiki jikin kebojak eo lajraak en jejet.** Kwoj aikuij bar komane colonoscopybar juon alen elane kwar jab. Lajraak ko renaj lewaj jen clinic eo. Etale lajraak eo iben takto eo am ak nurse eo.
- ❑ **Clinic eo enaj kur waj iok** 7 ran ko mokta jen colonoscopy. Renaj uak aaleb kajitok ko rej bed ibam.

### Ta eo kwoj aiuij jela mokta jen colonoscopy

**Bunten 1:** Beed ilo jikin clinic eo 45 miniit mokta jen jinoe. Renaj jolok jen am nujknuuk im lewaj bwe kwon konake gown ko.

**Bunten 2:** Nurse eo enaj lewaj uno ko (kamejmej) nan koman kwon kiki ilo ien colonoscopy.

**Bunten 3:** Takto enaj lale loan bok ein kebojak eo kin kamera jidik ko. Elane enaj wor rej eddok (polyp ko) takto eo enaj kajion joloke nan jeeke kenjer eo.

**Bunten 4:** Kwonaj bed ilo clinic eo nan 2-3 awa ko. Renaj kwalok tobrak ko 2-3 wiik ko.

**Bunten 5:** Kwoj aikuij bar jino mona. Eman elane ej walok jidik botoktok ilo kebojak eo am im ej memetaktak.

**Elane kwoj metak wot ak loe botoktok ilo kebojak eo am elikin jet ran, kur takto eo am.**

#### QUESTIONS?

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#### KAJITOK?

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