

## 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.**

#### QUESTIONS?

1-801-213-9797  
healthcare.utah.edu/gi

## Jinsi ya Kujiandaa kwa Uchunguzi wako wa Saratani ya Utumbo na Puru (Colonoscopy)

**Colonoscopy** hutumia kamera kuangalia uvimbe ndani ya utumbo pana. Unafanya uchunguzi huu katika kliniki au hospitali. Daktari anaweza kupata uvimbe ndogo ndogo (polyps) wakati wa colonoscopy na kuyaondoa. Colonoscopy inahitaji maandalizi fulani na kupona. Taasisi ya Saratani ya Huntsman & Chuo Kikuu cha Utah Health inapendekeza kwamba watu wazima waanze uchunguzi wa saratani ya utumbo na puru wakiwa na umri wa miaka 45.

### Jinsi ya Kujiandaa kwa Colonoscopy Yako

- Zungumza na daktari wako** kuhusu hatari na manufaa ya colonoscopy na dawa zozote unazotumia kwa sasa. Mwambie daktari wako ikiwa mazoea yoyote ya kidini yanaweza kuathiri utayarishaji wako wa colonoscopy.
- Tafuta usafiri hadi kliniki kwa colonoscopy yako.** Utahitaji pia usafiri kurudi nyumbani. Mtu mzima atahitaji kusafiri nawe, hata ikiwa unatumia usafiri wa umma.
- Fuata miongozo ya maandalizi ya lishe na haja kubwa ilivyoagizwa.** Utahitaji kufanya colonoscopy tena ikiwa hutayafuata. Miongozo inatolewa kwako na kliniki. Pitia miongozo na daktari wako au muuguzi.
- Kliniki itakupigia simu** siku 7 kabla ya colonoscopy yako. Watajibu maswali yoyote uliyo nayo.

### Cha Kutarajia Wakati wa Colonoscopy Yako

**Hatua ya 1:** Fika kwenye kliniki dakika 45 mapema. Utavua nguo na kuvaa gauni utakayopewa na kliniki.

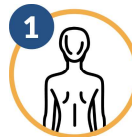
**Hatua ya 2:** Muuguzi atakupa dawa (anesthesia) ili ulale wakati wa colonoscopy.

**Hatua ya 3:** Daktari ataangalia ndani ya utumbo pana yako na kamera ndogo. Ikiwa kuna uvimbe wowote (polyps) daktari ataziondoa ili kuangalia ikiwa kuna saratani.

**Hatua ya 4:** Utakuwa kwenye kliniki kwa jumla ya masaa 2-3. Kliniki itatuma matokeo yako baada ya wiki 2-3.

**Hatua ya 5:** Anza kula mara kwa mara tena. Ni kawaida kuwa na damu kidogo kwenye kinyesi chako na kuhisi kujaa gesi tumboni.

**Ikiwa bado unahisi maumivu au unaona damu kwenye kinyesi chako baada ya siku chache, mpigie Daktari wako.**



#### MASWALI?

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