

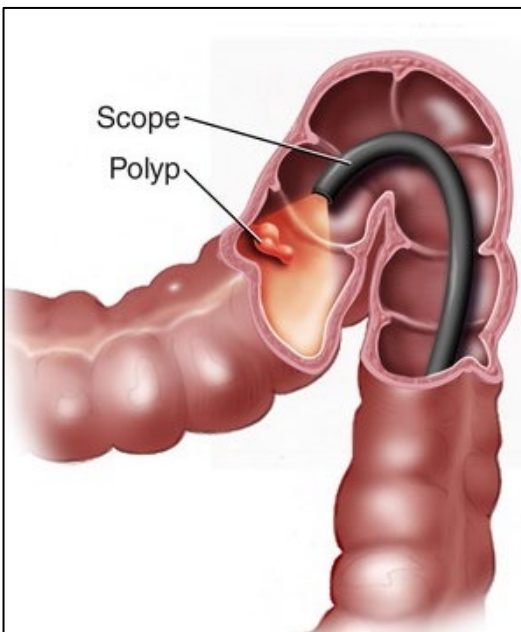
### What is a colonoscopy?

- A colonoscopy is a test in which the inside of the large intestine (colon and rectum) is viewed by the provider.
- This test is used to assess the digestive system for symptoms such as rectal bleeding, intestinal bleeding, stomach pain, or changes in bowel habits.
- This test can also be done on those people who do not have any symptoms to check for polyps (growths) or cancer. This is called a screening colonoscopy, which is best for anyone 50 years of age and older, and for anyone with parents, siblings or children with a history of colon cancer or polyps (growths).
- Regular testing is important because it can stop cancer or find it early when it is easier to treat.

### What is a polyp?

- It is a piece of irregular tissue in the colon that can lead to cancer if not removed.
- Figure 1 shows a polyp in the colon.

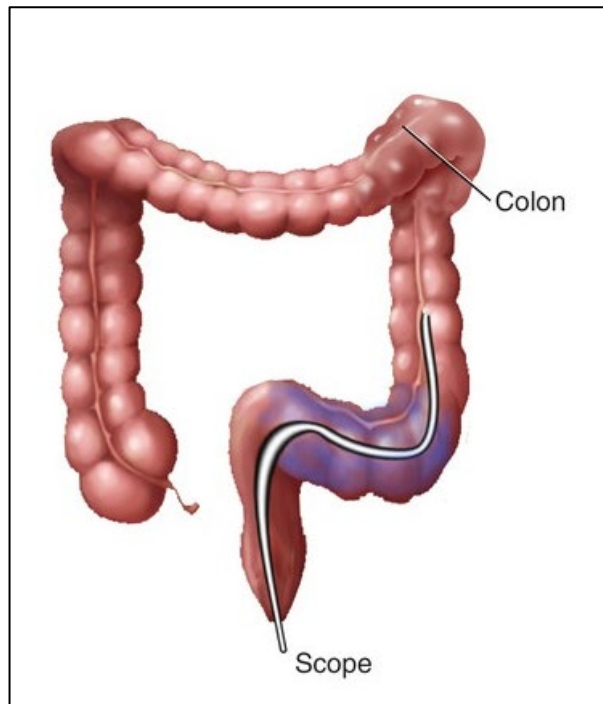
Figure 1:



### What is a flexible endoscope?

- It is a tube with a camera used to look at the body for irregular tissue or disease.
- Figure 2 shows a flexible tube in the colon.

Figure 2:



### What happens before a colonoscopy?

- You will be given bowel preparation instructions and diet instructions from your provider in the mail.
- Please know that we are not trying to starve you, but rather get your body ready for the test. This is almost like Ramadan fasting, but you need to follow the directions of your bowel preparation.
- To have a complete test, your body must be empty so that your provider can see the area clearly.
- It is important to read and follow all the instructions given to you.
- If your body is not empty, your test will not be complete and may have to be cancelled.

### What to expect while taking the bowel preparation?

- You will be told to start the bowel preparation one day or two days before the test.
- As soon as you start the bowel preparation, you'll need to stay near a bathroom.
- This will likely mean cancelling any plans for the day, including work.
- You may spend much of the night before the test in the bathroom. Try to wear clothing that can be taken off quickly. You will be going to the bathroom many times during the night.
- We suggest using wipes instead of using regular toilet paper. If you are using toilet paper, be sure to use a soft kind. It is okay to continue to wash using water.
- You can also use a warm washcloth to wipe your bottom instead of toilet paper. Some people find that lukewarm baths are helpful at soothing a sore bottom.

### Where should you get your bowel preparation supplies?

- You may want to pick up your bowel preparation supplies at the pharmacy listed below.
- Afya Pharmacy
  - Phone Number: (320) 774-1993
  - Address: 3407 3rd St N Saint Cloud, MN 56303

### What is a pre-procedure phone call?

- A pre-procedure phone call is a phone call that you will receive from a nurse before your test.
- You will receive two pre-procedure phone calls:
  - 2 days before to the test

- 1 day before to the test
- The nurse will ask questions to help get you ready for the test, to talk about your health, and help you understand which medications you can or cannot take before the test.
- This phone call will be completed with an interpreter.
- It is encouraged that you ask questions during the phone call. If you have questions after the phone call is completed, please feel free to call back with any questions or concerns. There will always be an interpreter available via phone.
- We know that you may be feeling nervous or anxious about this test and the bowel preparation, so please ask or call with questions.
- It is our goal to help ease your worries to provide a great experience.

## What can I eat?

ONLY EAT THESE FOODS			
<b>3-days before your test</b>	<u>Breakfast:</u> <ul style="list-style-type: none"> <li>- Flat Bread:               <ul style="list-style-type: none"> <li>○ Jabati</li> <li>○ Anjeero</li> <li>○ Malawax (white flour only)</li> </ul> </li> <li>- Ugali (sauce with chicken or fish only)</li> <li>- Eggs</li> <li>- French toast (white bread only)</li> </ul>	<u>Lunch:</u> <ul style="list-style-type: none"> <li>- Rice (white rice only)</li> <li>- Spaghetti (sauce with chicken or fish only)</li> <li>- Sukuumo (cooked only)</li> <li>- All cooked vegetables</li> <li>- Sambusa with chicken or fish only</li> <li>- Ugali (sauce with chicken or fish only)</li> <li>- Chicken or Fish</li> <li>- Flat Bread:               <ul style="list-style-type: none"> <li>○ Jabati</li> <li>○ Anjeero</li> <li>○ Malawax (white flour only)</li> </ul> </li> </ul>	<u>Dinner:</u> <ul style="list-style-type: none"> <li>- Rice (white rice only)</li> <li>- Spaghetti (sauce with chicken or fish only)</li> <li>- Sukuumo (cooked only)</li> <li>- All cooked vegetables</li> <li>- Sambusa with chicken or fish only</li> <li>- Ugali (sauce with chicken or fish only)</li> <li>- Chicken or Fish</li> <li>- Flat Bread:               <ul style="list-style-type: none"> <li>○ Jabati</li> <li>○ Anjeero</li> <li>○ Malawax (white flour only)</li> </ul> </li> <li>- Eggs</li> <li>- French toast (white bread only)</li> </ul>
<b>2-days before your test</b>	<u>Breakfast:</u> <ul style="list-style-type: none"> <li>- Flat Bread:               <ul style="list-style-type: none"> <li>○ Jabati</li> <li>○ Anjeero</li> <li>○ Malawax (white flour only)</li> </ul> </li> <li>- Ugali (sauce with chicken or fish only)</li> <li>- Eggs</li> <li>- French toast (white bread only)</li> </ul>	<u>Lunch:</u> <ul style="list-style-type: none"> <li>- Rice (white rice only)</li> <li>- Spaghetti (sauce with chicken or fish only)</li> <li>- Sukuumo (cooked only)</li> <li>- All cooked vegetables</li> <li>- Sambusa with chicken or fish only</li> <li>- Ugali (sauce with chicken or fish only)</li> <li>- Chicken or Fish</li> <li>- Flat Bread:               <ul style="list-style-type: none"> <li>○ Jabati</li> <li>○ Anjeero</li> <li>○ Malawax (white flour only)</li> </ul> </li> </ul>	<u>Dinner:</u> <ul style="list-style-type: none"> <li>- Rice (white rice only)</li> <li>- Spaghetti (sauce with chicken or fish only)</li> <li>- Sukuumo (cooked only)</li> <li>- All cooked vegetables</li> <li>- Sambusa with chicken or fish only</li> <li>- Ugali (sauce with chicken or fish only)</li> <li>- Chicken or Fish</li> <li>- Flat Bread:               <ul style="list-style-type: none"> <li>○ Jabati</li> <li>○ Anjeero</li> <li>○ Malawax (white flour only)</li> </ul> </li> <li>- Eggs</li> <li>- French toast (white bread only)</li> </ul>
<b>1-day before your test</b>	<ul style="list-style-type: none"> <li>- Apple juice</li> <li>- Soda or Pop (No red or purple)</li> <li>- Gatorade (No red or purple)</li> <li>- Bigays, Tea, Coffee (No cream or milk)</li> </ul>	<ul style="list-style-type: none"> <li>- Powerade (No red or purple)</li> <li>- Water</li> <li>- Maraq -Chicken or beef broth (No meat or vegetables)</li> <li>- NO CREAM OF WHEAT or SHURBO</li> </ul>	

## What is a post-procedure phone call?

- A post-procedure phone call is a phone call that you will receive from a nurse a day after your test.

- The nurse will check to see if you have any questions and will review discharge instructions.
- This phone call will be completed with an interpreter.
- It is encouraged that you ask questions during the phone call.
- If you have questions after the phone call is completed, please feel free to call back with any questions or concerns. There will always be an interpreter available via phone.

#### References

*Picture of colon showing polyp and flexible endoscope.* (2018). Retrieved from  
[file:///tulip.centracare.com/crs2018.4\\$/2018.4/CRS/Adult Health Advisor 2018.4/aha\\_colonosc\\_art.htm](file:///tulip.centracare.com/crs2018.4$/2018.4/CRS/Adult Health Advisor 2018.4/aha_colonosc_art.htm)