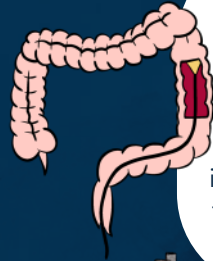


# MY COLONOSCOPY TOOLS



American Indian  
Cancer Foundation®



## Colonoscope

The healthcare provider will use a colonoscope to view your colon. This tool is connected to a television so your provider can see your colon. The colonoscope is inserted into your rectum. Your provider looks on the television for cancer, inflamed tissues, ulcers, and bleeding. The specific type of colonoscope used will depend on you and your healthcare provider's preferences.

## IV

An IV will be placed before your colonoscopy so that your healthcare provider can supply you with medications to relax and comfort you.

## Lubrication Jelly

Lubrication jelly may be used to help lubricate the colonoscope so that it will slide into your rectum with minimal discomfort.



## Gloves

Your healthcare provider will wear gloves during your procedures to protect you from germs.

## Table

When you go in for your colonoscopy, you will lay on an exam bed like the one pictured above. You will need to undress and wear a gown with an opening in the back. You will lie on your side on the exam bed. Ask your healthcare provider about any questions you have. Talk about your concerns regarding the procedure to ensure your comfort.

## Gown

A gown will be provided to you to maintain comfort during your procedure. The opening will be located on your backside.



According to the American Cancer Society's Facts and Figures report, colorectal cancer (CRC) is the third most commonly diagnosed cancer among all American Indian and Alaska Native (AI/AN) men and women. <sup>1</sup> Routine colorectal cancer screening can help prevent or detect CRC in earlier stages. Finding CRC in earlier stages can provide you with more treatment options or favorable health outcomes.

The United States Preventive Services Task Force (USPSTF) recommends all people begin colorectal screening at age 45. Discuss with your healthcare provider if you have a family history of colorectal cancer to decide the best time to screen. Every ten years, you will need to repeat your colonoscopy. However, you may need to screen sooner than ten years or have diagnostic testing if you have an abnormal result.



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information visit:  
AICAF.org