

# Pre-Procedure: Colonoscopy

If you're like a lot of people, getting a colonoscopy isn't your idea of a great time. You might feel a little nervous about the procedure.

But don't let fear keep you from a screening that could save your life. In the next couple of minutes, we'll explain what it's really like to get a colonoscopy—and why it's worth your time. Here are answers to some concerns you may have.

Will it hurt?

Your healthcare team has done lots of colonoscopies and knows exactly how to keep you safe and comfortable. Before it starts, you'll receive medicine through an I-V, which will help you relax and not feel pain. You may even fall asleep during the procedure!

Afterward, you may feel a little groggy. And you may have some gas that causes minor stomach cramping. But that will go away quickly.

How bad is the bowel prep, really?

Cleansing your colon before the colonoscopy may be a little unpleasant. After all, who likes to have diarrhea? The good news here, though, is that bowel preparations today are easier to manage than they used to be. Talk with your healthcare provider about the prep option that's best for you.

Keep in mind, you'll still need to be on a clear liquid diet for 1 to 2 days before your appointment, and you'll want to stay close to your bathroom the night before. But with a little planning, you can make the process a whole lot easier.

What happens if they find cancer?

Nobody wants to hear they have cancer. Fortunately, during a colonoscopy, your doctor can remove any polyps that may become cancer in the future. So getting a colonoscopy helps prevent colon cancer in the first place. And that's definitely a good thing!

Another plus: Once you get a colonoscopy screening, you likely won't need another one for 10 years. So take the time now to do it. You and your health are worth it!

Still have questions or concerns? Your care team is here to help. Get in touch.