

CottageHouseCall

Galesburg Cottage Hospital • 695 N. Kellogg St. • Galesburg, IL 61401 • 309-343-8131

Issue 13 • Page 1



**By: Mark Davis,
M.D., F.A.C.S.**

Don't Procrastinate; Colonoscopies Save Lives

There are approximately 112,000 new cases of colon cancer diagnosed each year, making it the second leading cause of cancer death in the United States. There are precautions people can take to reduce their risk of developing the disease. One of the most important precautions is to get a colonoscopy.

A colonoscopy is the most commonly used outpatient procedure to determine if a person has colon or rectal cancer. The procedure allows a physician to visually examine the entire colon and rectum for abnormalities such as inflamed tissue, irregular growths and ulcers.

For the colonoscopy, the colon must be clear of stool and fluids that may obscure the view of the colon and rectal lining. Your physician will likely ask you to do the following at least 24 hours before the procedure.

- Avoid eating solid foods.
- Drink only clear, non-alcoholic liquids such as black coffee, tea, water or clear broth.
- Stop taking iron pills or medications containing iron, as it can alter the color of the colon lining.
- Take laxatives or enemas prescribed by your physician.

A colonoscopy has minimal pain but can cause anxiety. Most people are sedated to minimize any discomfort during the procedure.

During the exam, the physician will insert into the rectum a long, flexible lighted tube with a tiny video camera on the tip, called a colonoscope. The camera transmits images of the colon onto a screen so the physician can examine the colon lining. If a polyp or abnormal tissue is found, the physician may decide to remove it immediately or take a biopsy and test it for cancer. The recovery time after the procedure is approximately an hour and you will need someone to drive you home.

To make an appointment with Mark Davis, M.D. FACS, call 343-7773. Dr. Davis is a proud supporter of Galesburg Cottage Hospital's Healthy Woman program and is offering each guest at the May 8th Healthy Woman second anniversary celebration, a special gift.

For more information about the event, follow the Healthy Woman links on the Cottage Hospital website, www.cottagehospital.com.

We hope this issue of CottageHouseCall has been helpful to you. Please call again.