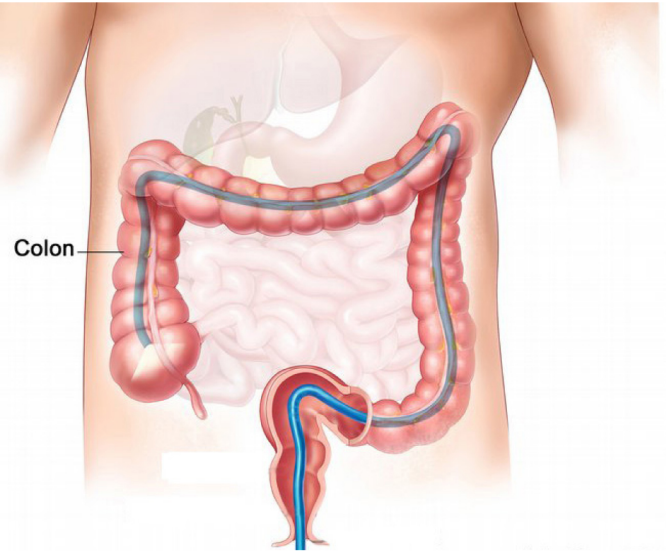


# Should I have a Colonoscopy?

A colonoscopy is a useful procedure to help doctors diagnose and prevent problems in your lower intestine. During a colonoscopy, a flexible tube called a colonoscope is carefully fed through your rectum and into your colon.

This special scope contains a light and video camera, allowing the doctor to take a good look at your insides. Your doctor may recommend this test if you have any of these unexplained symptoms:

- Abdominal Pain
- Chronic Diarrhea
- Bloody Bowel Movements
- Iron Deficiency Anemia
- A Change in Bowel Habits



A colonoscopy is also considered the most effective test when it comes to screening for colorectal cancer. When your doctor takes a close look inside your colon, it's an opportunity to check out any abnormal-looking tissue, like tumors or polyps. Polyps are small growths that can sometimes develop into cancer. Colorectal cancer is the second leading cause of cancer death in men and women in the United States.

However, recent research studies show that it is not necessary for senior to have a colonoscopy every five years as previously thought. Guidelines by the U.S. Preventive Services Task Force and the American College of Physicians say a colonoscopy doesn't need to be repeated within 10 years after a patient age 70 to 75 has a negative screening result and doesn't experience any symptoms that would suggest retesting. Routine colonoscopies are not recommended for patients 76 to 85, and screening is discouraged in patients older than 85.

Centinela Hospital's Gastroenterology Lab (GI Lab) has undergone major enhancements and upgrades to greatly improve the quality of care we offer our patients. Our services in our GI Lab include:

- Diagnostic/Screening Colonoscopy
- Upper Endoscopy
- Small Bowel Enteroscopy
- Tube Placement / Replacement
- Polypectomy
- Scherotherapy

We endeavor to always provide our patients with informed education about the treatment and options that are available so that our patients are equipped with all necessary information before making decisions regarding their treatment.