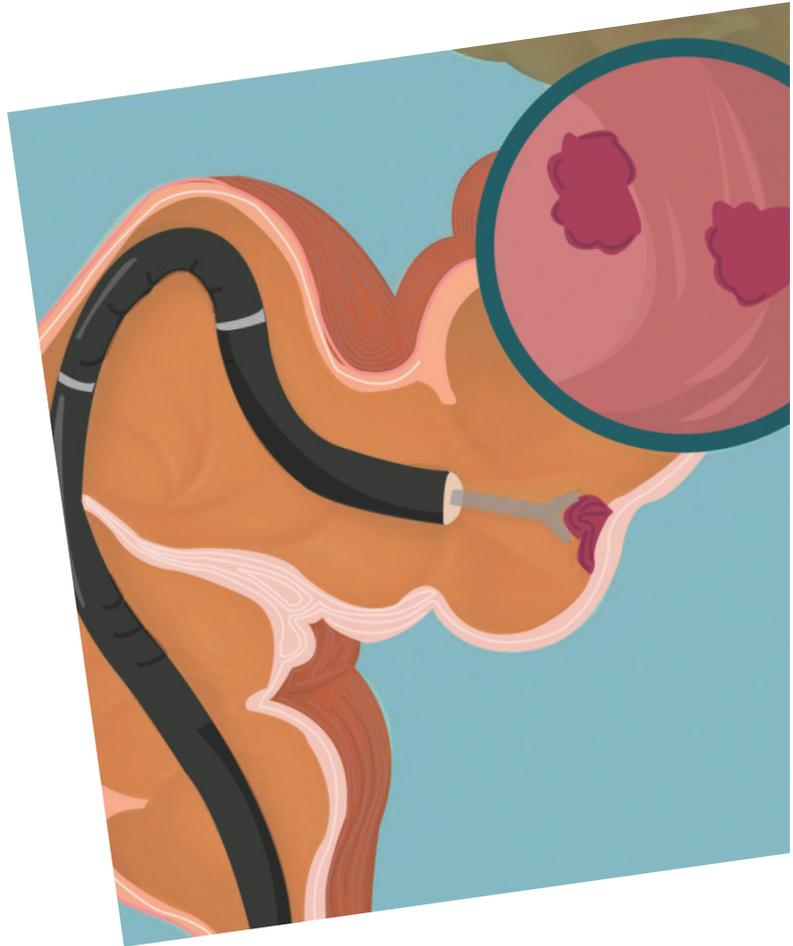


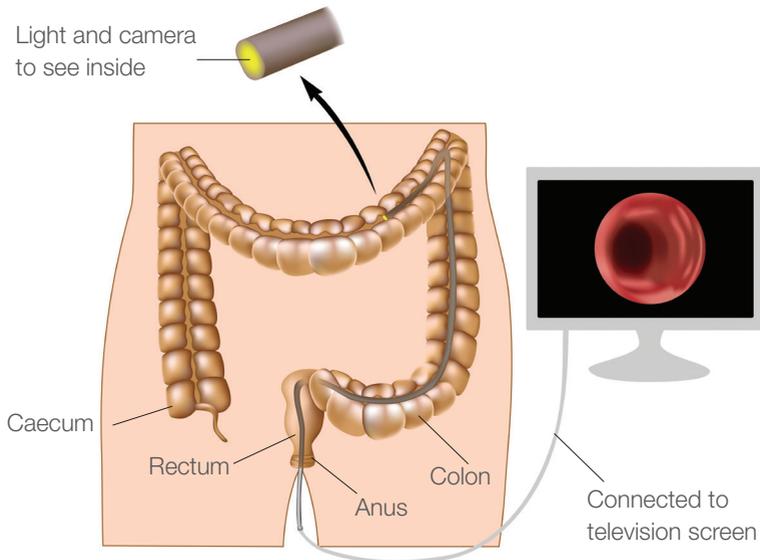
Colonoscopy



The Department of Surgery sees patients for a wide range of surgical services. These include Colorectal, Endocrine, Breast, Upper GI, Bariatrics, Hepatobiliary, Plastics, Neurosurgery, Urology and Vascular Surgery. Our highly qualified consultants use minimally-invasive surgery and surgical endoscopy for diagnostic and therapeutic interventions in the treatment of these conditions. We provide inpatient and outpatient care with a 24-hour acute surgical service. Day surgery (endoscopy) and minor surgery (lumps and bumps) are also offered at Jurong Medical Centre.

What is a colonoscopy?

A colonoscopy is a safe and effective method to examine the lining of the colon and rectum. It is used to diagnose colon and rectum problems to perform biopsies of lesions and remove colon polyps. Most colonoscopies are done outpatient with minimal inconvenience.



Who should have a colonoscopy?

Colonoscopy is recommended for adults age 50 years and older as part of a colorectal cancer screening programme. Individuals with a family history of colon or rectal cancer are also advised to get a colonoscopy from 40 years old or earlier.

In addition, colonoscopy helps to:

- Check for unexplained abdominal symptoms
- Detect inflammatory bowel disease (colitis)
- Examine patients with blood in their stools
- Monitor patients who have a personal or family history of colon polyps or cancer

What are the benefits of colonoscopy?

Colonoscopy is more accurate than X-rays in detecting polyps or early cancer. Most polyps can be removed with a colonoscopy. Removing polyps can help to prevent colon cancer.

What are the risks?

Colonoscopy is very safe and complications develop in less than 1% of patients.

These include:

- A small hole or perforation in the lining (1/2000 patients). This likelihood is higher in people with an inflammation of the bowel, frail and unwell patients, and those who just removed a large polyp.
- Bleeding after removing a polyp (1/2000 patients). This is usually minor. Rarely major, bleeding may require blood transfusion, admission to the hospital or a repeat procedure.
- Incomplete colonoscopy caused by inadequate bowel preparation or unusual anatomy (1/100 patients).
- Missing an abnormality of very tiny polyps (1/20 patients), usually caused by inadequate bowel preparation.
- Reactions to sedation (very uncommon).

Before the procedure:

An evaluation of your medical and family history, current medications and allergies will be done. Please inform your doctor if you are taking any blood thinning medication (Plavix, aspirin, warfarin), herbs, or iron supplements.



You should only drink clear liquids (e.g. broth, apple juice, and tea) 12 to 24 hours before your test. Drink and eat nothing four hours before your test. Your doctor may reschedule the test if there are stools left in your bowel.

Preparation:

Follow all instructions given by your doctor and nurse.

During colonoscopy, you will lie on your side and be given medicine to relax. Your heart rate, breathing, and oxygen levels will be monitored.

If sedation or relaxation medications are used, please arrange for someone to fetch you or take a taxi home.



How is colonoscopy done?

A colonoscope is inserted into your rectum and advanced to the portion where the small intestine joins with the colon. As your bowel is examined, polyps are removed and biopsies taken (as necessary).

The entire procedure takes less than an hour. It is normal to feel a slight discomfort after a colonoscopy, but this will improve as you expel gas from your body. Your usual bowel movements will resume within two to three days later. Most patients can return to their regular diet and activities the next day.

If you had a biopsy or polyps removed, your doctor will inform you:

- When the results will be shared with you
- If you need to avoid aspirin or other blood thinning medication after the test

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

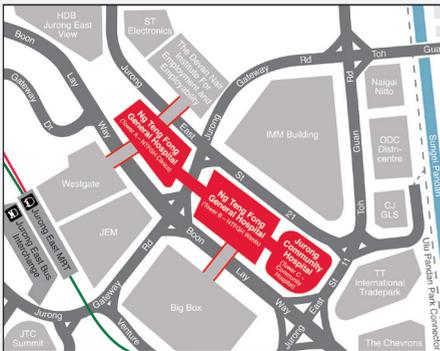
1 Jurong East St 21,
Singapore 609606
General enquiries: 6716 2000 Fax: 6716 5500
www.juronghealth.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

For appointments, please call 6716 2222
Monday - Friday 8.00am - 5.30pm,
Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233
Monday - Thursday 8.00am - 5.30pm
Friday 8.00am - 5.00pm

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98,
98M, 105, 143, 143M, 160, 183, 197,
333, 334, 335, 506

Along Boon Lay Way

SBS 99, Private bus service 625

Jurong Medical Centre

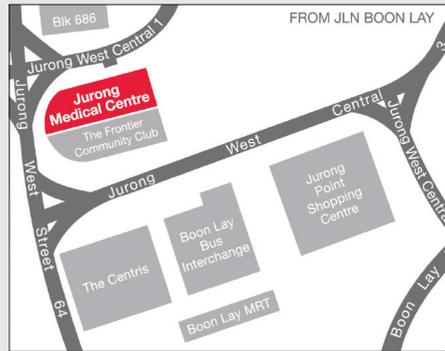
60 Jurong West Central 3,
Singapore 648346
General enquiries: 6716 2000 Fax: 6551 7999
www.jmc.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

For appointments, please call 6716 2222
Monday - Friday 8.00am - 5.30pm,
Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233
Monday - Thursday 8.00am - 5.30pm
Friday 8.00am - 5.00pm

Getting there



By train

Boon Lay MRT Station

By bus

SBS 30, 79, 154, 157, 174, 179, 181,
182, 192, 193, 194, 198, 199, 240, 241,
242, 243 W/G, 246, 249, 251, 252, 254,
255, 257, 405
SMRT 172, 178, 180, 187

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.