

Gastroenterology Procedures Guide: Colonoscopy

(607) 339-0788
cayugahealth.org

Cayuga Endoscopy Center
2435 Triphammer Road, Suite B
Ithaca, NY 14850

Cayuga Medical Center
101 Dates Drive, off NYS Route 96
Ithaca, NY 14850

Schuyler Hospital
220 Steuben Street
Montour Falls, NY 14865



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Colonoscopy

What is the test?

A colonoscopy is a medical procedure used to examine the inside of your colon (large intestine) and rectum. It helps doctors check for abnormalities such as polyps, inflammation, ulcers, tumors, or signs of colon cancer.

How do I prepare?

You will be given instructions to prepare for your colonoscopy. The preparation usually begins two to three days prior to your scheduled procedure by following a low fiber diet then following the prep instructions.

What can I expect during the procedure?

Plan to arrive 30 minutes prior to your procedure. Once you arrive in the Endoscopy Department, a nurse will take your health history and blood pressure, and the physician will answer any questions you have about the exam.

You will receive intravenous sedation or anesthesia to make you drowsy. Then, the physician will use a long, flexible tube with a tiny camera and light at the end that is gently inserted through the rectum and guided through the colon. The camera sends live video to a monitor, allowing the doctor to view the lining of the colon. If necessary, your physician will remove polyps or take biopsies (tissue samples).

The procedure itself lasts from 30-60 minutes. You should plan to spend a total of 1-2 hours at the medical center or the endoscopy center.



How and when will I get my test results?

After your exam, you will be moved to the recovery area of the Endoscopy Department until you are fully awake and meet certain discharge criteria. Your physician will discuss the results with you and your companion and send a report to your primary care provider. Your companion should drive you home. You may resume eating soon after your procedure.

Where is the test performed?

Colonoscopy is performed in three locations:

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