A colonoscopy is a routine, safe, and effective procedure that healthcare providers use to visually examine the full lining of the colon and rectum. This procedure is the best way for a healthcare provider to view the entire colon to see if there are any problems.

What happens during a colonoscopy?
• A colonoscopy involves the use of a colonoscope—a long, thin, flexible instrument connected to a camera and video display monitor.
• The colonoscope is inserted into the rectum and moved through the entire colon.
• If the healthcare provider notices anything of concern during the colonoscopy, a biopsy (removing a small amount of tissue to examine) may be performed.

Talking to your doctor about scheduling a colonoscopy.

Who should get a colonoscopy?
People 50 and older should undergo a colonoscopy every 10 years. If you have additional risk factors, healthcare providers could recommend the procedure be completed more frequently.

A routine colonoscopy could save your life.

It may surprise you to discover that colon cancer is preventable if the early warning signs are detected through a colonoscopy. Still, less than half of Americans 50 and older undergo a colonoscopy.

Colon cancer is the second leading cause of cancer-related death in the United States.2

• 148,000 new cases diagnosed per year3
• 55,000 deaths per year3

References: