

# ENDOSCOPY

**What is?** It is the diagnostic examination that allows the doctor to examine directly the inside of the large intestine (colons), putting in evidence eventual alterations or organic diseases.

**Why it is made?** It is the right chosen examination in the diagnostic of the diseases of the colon. It is appropriated in order to assess the causes of the presence of blood in faeces (also not visible) or some of anaemia and for the prevention of neoplastic pathologies (tumours) of the colon. Also it is indicated in presence of strong abdominal pains, constipation or accentuated diarrhoea and recently revealed, and not resolved itself.

**How I must feed myself before the examination and why?** The good result of the examination depends on the corrected cleanliness of the intestinal inner side, that is obtained with appropriated diet and scrupulously following the preparation advised from the endoscopists.

**Very important:** if the intestine is not clean, the vision of the intestinal inner sides is incomplete and some pathologies may be not revealed on vision, the examination will be reported and will be necessary to repeat the preparation in more scrupulous way. In the two days, previous to the examination, to exclude fruit and vegetables from the normal feeding. Medicines assumption: ask how to behave itself to its doctor.

## How it is carried out and what happens during the examination?

First some questions on eventual allergies to medicinal will be asked to you, the state of general health, the contracted infectious diseases and you have to signal if you have infectious diseases (hepatitis, AIDS or other). The doctor and the nurse will be however at your disposal in order to give them all the information and to clear eventual doubts on the examination. You would have to remove glasses and the denture, will come extended on the left flank in comfortable position and a mouthpiece will be placed between the teeth. The examination is not painful and it is made with local

anesthesia in the esophagus obtained by anesthetic sprayed in mouth. Eventually it is possible to associate a softly sedative in the case of particularly nervous patient. During the examination it is preferable to be maintained slackened, to collaborate and avoid reactive attitudes. A feeling of vomiting can be easily controlled with major inspirations.

During the examination it is possible to carry out "biopsy": small taking away of mucous membrane so that they are better examined with the microscope in order to obtain a sure diagnosis in connection with the lesions and/or to seek the presence of a bacterium called *Helicobacter Pylori*, which causes the ignition of the stomach. When the specialist in endoscopies finishes observing the interior of the bodies, the probe will be extracted and the examination will be finished. With the help of, the duration of the examination is about 5-10 minutes. The examination is sure, thanks also to the use of the instruments increasingly thinner.

**What is the diagnostic alternative?** it is represented by the clysmia in double contrast, that in some times does not clarify all the doubts, it does not allow to perform eventual bioptic sample and often it must be integrated with one successive colonoscopy and from the virtual colon.

## When can I resume the normal feeding?

The throat will be little anaesthetized, therefore you will not have to assume drinks or food until 2' with the going beyond of the feeling (generally between the 15 and 60 minutes) the use of a sedative could cause a light deceleration of the reflex for which it is advised to not guide vehicles during at least 2 hours. In the event of biopsies for the histological examination it is convenient to not take drinks during at least two hours.

## Generic suggestions

You carry with you all clinical documentation that can be important for corrected interpretation of the same examination (previous colonoscopy, Rx of the digesting tract, examinations of the blood or of faeces or other). You carry with you the sanitary card and the fiscal identification number for a corrected recording of the data. Possibly you come accompanied.

