

Colonoscopy is an investigatory procedure which allows the doctor to look at the inner lining of the large bowel (colon) by using a long flexible tube (the size of your index finger) with a light source and a tiny video camera at the end. The tube is passed carefully through the anus and the doctor looks inside the colon for pathologies such as inflammation, bleeding, polyps or tumours. Biopsies (small pieces of tissue) may be taken and polyps can be removed with tiny forceps during colonoscopy. Taking biopsies is painless and safe.

### Who should have colonoscopy?

The procedure is indicated for:

- Per rectal bleeding
- Change of bowel habit
- Unexplained abdominal pain
- Suspected colonic polyps
- Suspected colonic cancer
- Colorectal cancer screening

### Colorectal cancer screening — Do I need colonoscopy ?

Colorectal cancer is the second most common cancer in Hong Kong after lung cancer. Because it starts as a polyp that transforms into cancer in 10-15 years, colorectal cancer is preventable when polyps are found and removed at early stages. A Hong Kong colorectal cancer screening study found that 1 in 8 asymptomatic adults older than 50 had adenomatous polyps in their colons. Their polyps may turn into cancer if not removed.

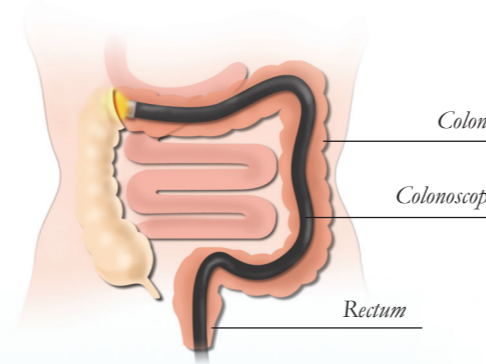
As most polyps are asymptomatic, those above the age of 45 should consider undergoing colonoscopy regularly to screen for colorectal cancer as a preventive measure. High risk individuals such as those with a family history of colorectal cancer may even consider an earlier test.

### How to prepare for the procedure?

- Before the procedure, special instructions about diet (low residue diet), medications and how to clean the colon (with laxatives and/or enemas) will be given to you.
- Do not eat or drink anything for 8 hours before the procedure.
- If you are taking anticoagulants, discuss with your attending doctor before discontinuing the drug.

### What happens when the procedure is performed?

- You will be given a “sedative” through an intravenous (IV) line before the procedure begins. This medication will put you to sleep through the procedure.
- Then, a thin and flexible instrument called a colonoscope is inserted into the anus and guided through the colon.
- The colonoscope has a tiny camera with light source at its tip that allows the doctor to see the inside of the colon on a television screen as the scope is withdrawn.
- The colonoscope allows the doctor to take a biopsy or remove polyps during the procedure.
- During colonoscopy, air will be passed through the tube to distend the bowel. It is normal to have wind like cramps and a feeling of wanting to go to the toilet, which will gradually subside. Do not feel embarrassed. The procedure will last for approximately 30 minutes.



### Must I do anything special after the procedure is over?

- After the procedure, passing gas helps relieve cramps. Inform your doctor if the discomfort persists, or if you experience severe abdominal pain or passage of blood per rectum.
- You must be accompanied by an adult when you leave because the intravenous sedation might make you dizzy. You must not drive, ride a bicycle, operate any machinery or drink any alcoholic beverage within 24 hours after the procedure.
- You can resume normal diet after colonoscopy.

### Possible risks or complications of the procedure:

- Perforation of the colon or rectum (0.2%)
- Bleeding (1.7%) caused by biopsy taking, polyp removal and endoscopic haemostatic procedure
- Infection
- Death (0.006%)
- Drug allergies and adverse reaction to anaesthesia / sedation are extremely rare but may occur

One may require surgery, hospitalization and/ or transfusion should any complication occur.

## Endoscopy Centre

The Centre is managed by a team of dedicated and experienced endoscopists. It is equipped with state-of-the-art endoscopic imaging systems and the aim is to provide high quality services in the diagnosis and treatment of diseases of the gastrointestinal tract, biliary and pancreatic system as well as the respiratory system. If necessary, during the procedure, the patient can be sedated with the help of our experienced anaesthesiologists to minimize any discomfort he/she might encounter during the procedure.

Our specialist will tell you right after the procedure what is seen in your colon. If biopsies are taken, it will take 2 to 3 working days to complete the report. Your specialist or attending doctor will contact you for subsequent follow-up and treatment.

For further enquiries and appointment, please contact us at :

2 Village Road, Happy Valley, Hong Kong

Tel : 2835 8623

Fax : 2892 7529

E-mail : [endoscopy@hksh.com](mailto:endoscopy@hksh.com)

[http:// www.hksh.com](http://www.hksh.com)

**結**腸鏡檢查是醫生把一支可屈曲、末端裝有光源及微型攝影機的軟管〔約食指般大小〕，經病者肛門放置入結腸，以觀察大腸內有否發炎、出血、息肉或腫瘤等病變。醫生在結腸鏡檢查進行期間，可利用小鉗子取出活組織（一小塊組織）或切除息肉，此過程十分安全，病者無須擔心。

## 誰人應接受結腸鏡檢查？

如有以下情況，便應接受結腸鏡檢查：

- 便血
- 大便習慣改變
- 不明原因腹痛
- 懷疑患上結腸息肉
- 懷疑患上結腸癌
- 定期結腸直腸癌普查

## 結腸直腸癌普查：

### 我是否需要接受結腸鏡檢查？

在香港，結腸直腸癌是第二常見的癌症，發病率僅次於肺癌。結腸直腸癌是由息肉演變而成的，而這個過程需時 10 至 15 年之久。因此，如能及早發現息肉，並將之切除，就能夠預防息肉變成癌症。一項本港的結腸直腸癌普查研究發現，50 歲以上而無症狀的人士當中，每 8 人就有 1 人其結腸長有腺性息肉。如不將之切除，他們的息肉可能會變成癌症。

大多數長有息肉的人都不會出現症狀，因此 45 歲以上的人士應考慮定期接受結腸鏡檢查作為癌症普查，以防患於未然。結腸直腸癌的高危人士（如直系親屬曾患此症者）更應考慮提早開始檢查。

### 應該怎樣準備？

- 在檢查之前，醫護人員會詳細解釋所有須特別注意的事項，例如飲食（低渣飲食），藥物及如何排清大便（如使用輕瀉劑或灌腸）。
- 於檢查前 8 小時，須禁食（包括飲料及食物）。

- 如有服食薄血藥等，在停服前請與你的主診醫生商討。

## 檢查是怎樣進行的？

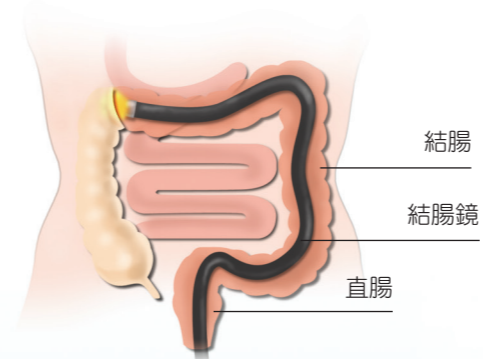
- 檢查前，醫生會為你作靜脈注射鎮靜劑，令你在檢查進行期間入睡。
- 然後，醫生便會把結腸鏡（一支細長而能屈曲的儀器）由肛門放置入結腸。
- 結腸鏡的末端配備微型攝影機及光源，讓醫生可透過顯示屏幕觀看大腸內的情況。
- 進行結腸鏡檢查時，醫生可同時取出活組織或切除息肉。
- 檢查時，空氣會透過結腸鏡進入結腸，使之膨脹。如果在檢查後感到腹部脹痛及有便意，是十分正常的，無須感到尷尬，而不適的感覺會漸漸減退。整個檢查過程大概需時 30 分鐘。

## 檢查後須注意的事項

- 檢查後，排風〔放屁〕可減輕絞痛的感覺。如不適的感覺持續、痛楚劇烈或有直腸出血情況，請即通知主診醫生。
- 如檢查時曾注射鎮靜藥物，可能會有暈眩的感覺，須由成年親友陪同下方可離開。檢查後 24 小時內，請勿駕駛、踏單車、操作機械或飲用含酒精之飲料。
- 檢查完畢後，可如常飲食。

## 有可能引起的風險及併發症：

- 結腸或直腸穿孔 (0.2%)
- 抽取活組織、切除息肉及進行內視鏡止血程序引致出血 (1.7%)
- 感染細菌
- 死亡 (0.006%)



- 由麻醉藥或鎮定劑引起的藥物敏感或不良反應相當罕見，但同樣有機會發生

假如有併發症，病人或需要進行手術、住院及 / 或輸血。

## 內鏡中心

本中心由經驗豐富的內鏡專科醫生主理，以最先進的內視鏡攝影儀器，為消化道、膽胰及呼吸系統疾病的患者提供優質的診斷及治療服務。本中心更可为病者安排麻醉科醫生注射鎮靜藥物，將病者在檢查期間可能出現之不適減至最低。

檢查後，專科醫生會即時告訴你檢查結果。如曾取出組織切片作化驗，檢查報告將於 2 至 3 個工作天完成，隨後專科醫生或主診醫生將約見病者解釋報告及治療。

專科診症，敬請預約

如有查詢，歡迎致電本中心

香港跑馬地山村道二號

電話：2835 8623

傳真：2892 7529

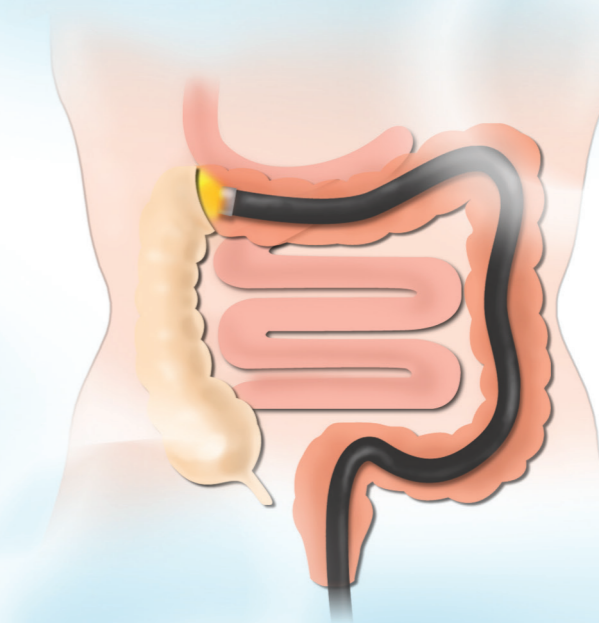
電郵：endoscopy@hksh.com

<http://www.hksh.com>

© 香港養和醫院有限公司  
版權所有

ENDOF6 01/2010

# 結腸鏡檢查 Colonoscopy



養和醫院  
內鏡中心

Hong Kong Sanatorium & Hospital  
Endoscopy Centre