

Colonoscopy

The large intestine or the colon helps in the absorption of water and nutrients from the residual food waste before it gets eliminated. From benign polyps, infections, to cancerous growths, many issues can impact the functioning of the colon.

A colonoscopy is a diagnostic procedure that helps the doctor detect the problems that affect the colon and initiate the appropriate treatment. It is a highly valuable tool for detecting colorectal cancers and precancerous growths. At Huntington Colorectal Surgeons, we strongly believe and advocate for a regular colonoscopy to screen for colorectal cancer.

A colonoscopy may also be recommended:

- To evaluate the root cause of dark/bloody stools or rectal bleeding
- To determine the cause of abdominal pain or chronic diarrhea
- To evaluate iron deficiencies and sudden, unexplained weight loss
- To study the colon if abnormal test results are obtained from other imaging tests including MRI, CT, and other X-rays
- To treat and monitor Inflammatory Bowel Disease

Preparing for your colonoscopy

Dr. Kaufman is committed to patient education and invests in ensuring his patients understand the need for a colonoscopy, the preparation process as well as what they can expect during the procedure. He gives detailed instructions on preparing for the procedure, which typically begins several days before the procedure. This may include consuming a low fiber diet that helps the colon eliminate fecal waste in addition to a clear liquid diet a day before the procedure to ensure there is no residual waste in the colon. A laxative medication is also given for most patients a night before the colonoscopy. These steps are vital because they help the doctor evaluate the colon thoroughly and accurately detect any minor or major abnormalities, including tumors, polyps, an infection, or inflammation in colonic tissues.

The procedure

The colonoscopy is performed in the out-patient office at Huntington Colorectal Surgeons. Before the procedure, a sedative is administered to enhance the patient's comfort. Dr. Kaufman then carefully inserts the colonoscope through the rectum or anus. The colonoscope is a flexible,

thin endoscopic instrument that helps in examining the colon and rectum. The tool has a lighted digital camera attached to it that illuminates every inch of the colonic and rectal walls. If needed, the doctor uses specialized tools to remove polyps or tissue samples for further testing or biopsies. These tools can include swabs or forceps that are inserted through the colonoscope to remove samples.

The procedure is completed generally within 30 to 45 minutes, while it can take longer depending on the extent of the area that needs examination.

Dr. Kaufman performs a very thorough colonoscopy exam that provides him with all the information he requires to determine the right treatment course.

His extensive experience and skills ensure that the procedure is extremely safe while he advises on any medication to optimize your comfort during and after the procedure.

After the colonoscopy, the doctor recommends resting for the day. Any minimal side effects such as gas, bloating or cramping subside within 24 hours.

Why choose Huntington Colorectal Surgeons for a colonoscopy?

The practice is headed by Dr. Howard Kaufman who has unparalleled expertise in the field. With a stellar career that spans over three decades, Dr. Kaufman has earned an international reputation and multiple awards and accolades. Having earned his MD from Johns Hopkins University School of Medicine, Dr. Kaufman has served as the Chief of the Division of Colorectal and Pelvic Floor Surgery at USC. He also leads the Colorectal Research Program at the Huntington Medical Research Institute.

The focus at Huntington Colorectal Surgeons is on clinical excellence as well as providing exceptional customer service. Dr. Kaufman ensures comprehensive care is delivered from the initial consultation, through the whole process until the discharge and the follow-up. Our practice has established itself as the top-ranked colorectal practice in San Gabriel Valley, based on:

- Dedicated customer service
- Comprehensive and holistic care
- Minimally invasive procedures
- Enhanced patient comfort with minimal pain
- The short length of stay and early recovery
- The use of cutting-edge technology
- An early return to work

- **Schedule an appointment with Dr. Kaufman to protect your health with a colonoscopy**