

# Colonoscopy

Colonoscopy involves visualization of the inside of the colon (large intestine) with a flexible fiber optic scope to identify any abnormalities. This procedure assists with early diagnosis and treatment of such conditions as polyps, diverticulosis, colitis, and cancers.

## WHAT ARE THE RISKS?

The risk of complications with these procedures is exceedingly small (1-3 per 1000 examinations). The scope and/or biopsy/polypectomy instruments may perforate the bowel wall, which could result in leakage of intestinal contents into the abdominal cavity. Management of this problem consists of hospitalization and careful observation with antibiotics, or *possibly* an abdominal surgery to repair the hole. In extremely rare cases, bleeding occurs and a blood transfusion is necessary.

When you arrive at the Surgery Center you will be taken to the pre-operative area, and will be asked to change into a gown and have an IV started. You will later be taken to a special procedure room where you will be given anesthesia so that you are comfortable during the procedure. The doctor will place the endoscope into your rectum and advance it through the colon (large intestine). You may feel some cramping or gas afterwards, due to the air the doctor puts in to visualize the colon. You will feel more comfortable when you expel this air. An assistant may press on your abdomen to help the scope pass through the colon, which occasionally can cause mild abdominal discomfort following the procedure. Suspicious lesions are biopsied and polyps are removed (if possible). You will not feel discomfort when biopsies are taken or polyps removed. Because of the anesthesia, you may not remember the procedure. The findings of the procedure will be discussed with your driver, unless you instruct otherwise. The procedure lasts an average of 30-60 minutes, however, you should plan *at least* an additional hour for check-in and recovery.

## TELL YOUR DOCTOR

- Tell your doctor before the exam if any of the following are true for you:
- You are allergic to any medication or anesthesia.
- You take any medicines, especially aspirin, ibuprofen, anti-inflammatories or blood thinners.
- You have heart or lung problems.
- You are pregnant.

## BOWEL PREP

Bowel preps vary in cost, depending upon your insurance. Contact Dr. Lally's office if the cost is too high for you, and we will recommend a less expensive alternative.

## DISCHARGE INSTRUCTIONS AFTER COLONOSCOPY

*Call:* Dr. Lally at (360) 697-6547, if you experience:

- 1) Black / tarry stools
- 2) Abdominal pain.
- 3) Fever of 101° or higher.

*Activity:* Walk to expel excess gas.

Resume normal activities and return to work / school tomorrow.

*Diet:* High fiber diet, with at least 1 quart of water per day.

## RESULTS

Dr. Lally's office will contact you by email via *Webview* (a secure patient portal) with your biopsy results, **if** a biopsy was taken. Results are typically available within a week. If you have not heard from our office within 2 weeks following your procedure, please contact our office for results.

**\*\* Please see instructions on the reverse side to access  
*WebView* \*\***

# Welcome to *WebView*

Dear Valued Patient,

The office of Dr. Sheila Lally is dedicated to providing the highest quality of care to our patients. In an effort to improve the continuity of care, we are implementing *WebView* Patient Portal. This internet accessible and HIPAA compliant web portal allows our patients access to their charts, and provides a secure way to communicate with our staff. *WebView* is seamlessly integrated with our electronic medical record system. Along with granting you access to your chart from the comfort of your home or office, *WebView* gives you many convenient features.

**Features:**

- Message office staff
- View your prescriptions
- View your lab results

## *Frequently Asked Questions (FAQs)*

### **How do I get a username & password?**

To access our secure portal, contact our office at (360) 697-6547 to obtain your username and password or ask our receptionist at your next visit. In order to activate this service, you must have an active email account.

### **What are the system requirements?**

This system requires an internet connection and is compatible with any web browser.

### **How do I access my chart?**

To access *WebView* please follow these easy instructions:

- 1) Access our website at [www.drlally.com](http://www.drlally.com)
- 2) Click **Patient Portal** at the top of our home page
- 3) Select "**Click Here**" as a Returning user
- 4) Read and **Agree** to the Web Portal Agreement
- 5) Enter your case-sensitive username: \_\_\_\_\_
- 6) Enter an initial case-sensitive password **lally2#**
- 7) You will be prompted to change your password at your first log in
- 8) Security question:  
\_\_\_\_\_

## *Still Have Questions...?*

Please feel free to contact our office at (360) 697-6547.

Sheila C. Lally, DO, FACOS

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