

PREPARING FOR A COLONOSCOPY

SANDRA'S STORY



Congratulations!

If you are talking to your doctor about scheduling a screening colonoscopy — a procedure you undergo as recommended around the age of 45 to confirm the health of your colon — you have taken an important step in keeping yourself healthy for you and your family.

Reason for Making This Important Decision

Colon cancer affects men and women of all racial and ethnic groups, and is most often found in people ages 45 and older. On average, about one in 23 people will get colon cancer in their lifetime. Early detection during a colonoscopy can help you prevent colon cancer from forming.*

A colonoscopy procedure is the only screening method that can actually prevent colon cancer at the time of the screening. This is because during a colonoscopy, the doctor can remove polyps — small growths that may develop into cancer if left alone — before they turn into cancer. The colonoscopy procedure takes about 30 minutes and is an outpatient procedure, meaning you will go home the same day as the procedure.

How to Get Ready for a Screening Colonoscopy

This graphic novella, featuring Sandra, was created to help you get ready for your colonoscopy. Sandra is one of the thousands of individuals who were screened in New York City last year. By reading Sandra's story, you will learn the following:

- The reasons for getting a colonoscopy
- How to prepare for a colonoscopy, including information about bowel preparation (prep), a process involving taking medication by mouth, usually in liquid or tablet form
- What to expect before and after a colonoscopy

The last page of this graphic novella contains more information and tools to help you get ready, including a list of questions you can take with you to your next doctor's visit.

* US Cancer Statistics Working Group. *United States Cancer Statistics: 1999–2014 Incidence and Mortality Web-Based Report*. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; 2017. Available at cdc.gov/uscs.

THREE DAYS BEFORE THE COLONOSCOPY

AT THE STORE

GROCERY LIST


- Apple juice
- Coconut water
- Ginger ale
- Sports drinks
- Tea
- Coffee
- Chicken broth

*Nothing with
red, blue or purple
coloring

LET'S SEE... WHAT
TO PICK UP FOR MY
COLONOSCOPY PREP?
THE NURSE SAID NO RED,
PURPLE OR BLUE FOODS
OR LIQUIDS. NOTHING THAT
COULD LOOK LIKE BLOOD
IN MY INTESTINE.

IF I CAN'T SEE
THROUGH IT, THEN
I CAN'T HAVE
IT. APPLE JUICE
SHOULD BE OKAY.


...NOW TO PICK
UP THE BOWEL
PREP SOLUTION...



WOW... THAT
BIG JUG
IS FOR THE
BOWEL PREP
SOLUTION?

YES. IT WILL
CLEAN OUT YOUR
COLON - YOUR
LARGE INTESTINE.

AND THIS
FLAVORING
WILL HELP IT
TASTE BETTER.



WHAT WILL THE
PROCEDURE BE
LIKE? AARON HAD
ONE BEFORE. MAYBE
HE CAN TELL ME...



All Contacts

Aaron

Abbott

Alex

All

Art



HELLO? OH,
HEY SANDRA.
WHAT'S UP?

HEY AARON.
DIDN'T YOU GET
A SCREENING FOR
COLON CANCER NOT
TOO LONG AGO?

YEAH. THE
COLONOSCOPY WASN'T
SO BAD. DON'T WORRY
ABOUT THE PROCEDURE.
THE BOWEL PREP IS
THE HARD PART.

WHY IS THAT?

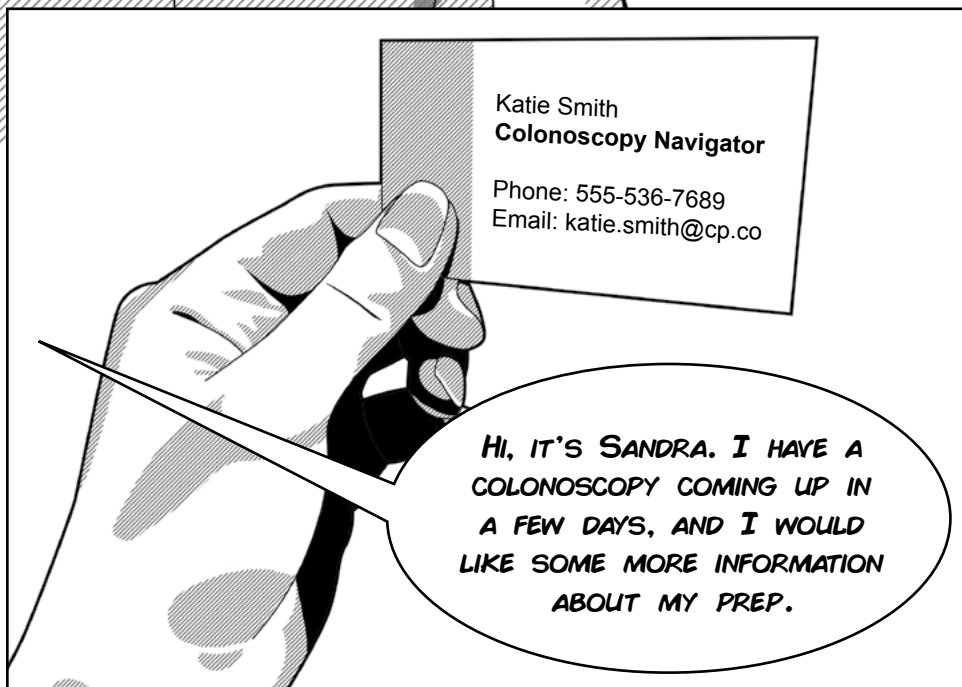
IT WAS SO MUCH TO
DRINK. AND THEN I
HAD TO GO TO THE
BATHROOM FOR HOURS.
I DID THE 50-METER
DASH 15 TIMES...



WOW... I DIDN'T
KNOW THERE WAS
THAT MUCH TO THE
BOWEL PREP.

YOU CAN GET
MORE INFORMATION
FROM YOUR
NAVIGATOR. SHE
GAVE YOU HER
CARD, RIGHT?
GIVE HER A CALL!


I'LL DO THAT NOW.
THANKS, AARON!



Katie Smith
Colonoscopy Navigator


Phone: 555-536-7689
Email: katie.smith@cp.co

HI, IT'S SANDRA. I HAVE A
COLONOSCOPY COMING UP IN
A FEW DAYS, AND I WOULD
LIKE SOME MORE INFORMATION
ABOUT MY PREP.

A black and white comic panel showing a woman with blonde hair in a ponytail, wearing a light-colored button-down shirt. She is holding a black mobile phone to her ear with her right hand. The background consists of vertical lines, suggesting a window or a wall.


**SURE, I CAN EXPLAIN
THE PROCESS STEP BY
STEP. IT'S RELATIVELY
SIMPLE - THERE ARE
THREE MAIN THINGS TO
REMEMBER:**

- 1. HAVE ONLY A CLEAR
LIQUID DIET THE DAY
BEFORE.**
- 2. FINISH DRINKING ALL
THE BOWEL PREP.**
- 3. HAVE SOMEONE TAKE
YOU HOME.**

A black and white comic panel showing a man with dark hair, wearing a collared shirt. He is holding a black mobile phone to his ear with his right hand. He has a wide-eyed, open-mouthed expression of shock or surprise. The background is filled with diagonal hatching lines.

**THAT FACE YOU
MAKE WHEN
SOMEONE SAYS
YOU CAN'T EAT
SOLID FOOD
ALL DAY.**

TWO DAYS BEFORE THE COLONOSCOPY

A black and white comic panel showing a woman with short hair in profile, looking up at a shelf in a kitchen. She is wearing a long-sleeved shirt. A thought bubble is above her head. In the background, there is a bottle on a shelf and a box containing various items.

GOTTA SORT
OUT MY LIQUID
DIET. LET'S SEE
WHAT WE HAVE...

A close-up view of a box containing various items for a liquid diet. There are two large bottles, one with a cap and one without, and several small containers or packets.

ALL RIGHT...
I CAN DO THIS.



Hi, it's SANDRA.


OH, HI SANDRA!
DO YOU HAVE ANY
QUESTIONS?

CLEAR LIQUID
DIET ONLY
TOMORROW, RIGHT?

YES. AND A GENTLE
REMINDER ABOUT
MEDICATION...

I'M NOT TAKING ANY
MEDICATION TODAY, JUST
LIKE MY DOCTOR SAID.





I'LL NEED YOUR
HELP TOMORROW.
IT'S FOR THE
COLON CANCER
SCREENING.

DON'T WORRY,
SANDRA. WE'LL
ALWAYS LET YOU
GO FIRST TO
THE BATHROOM.

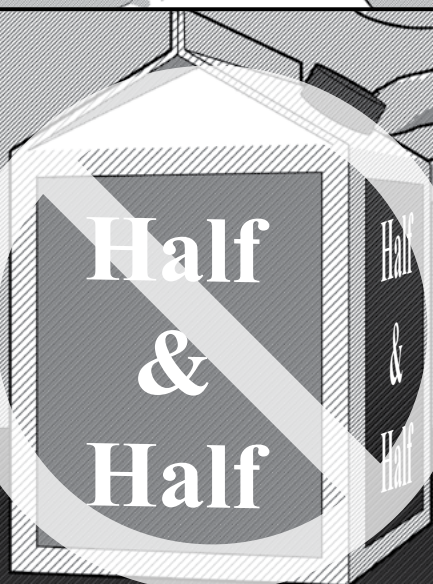
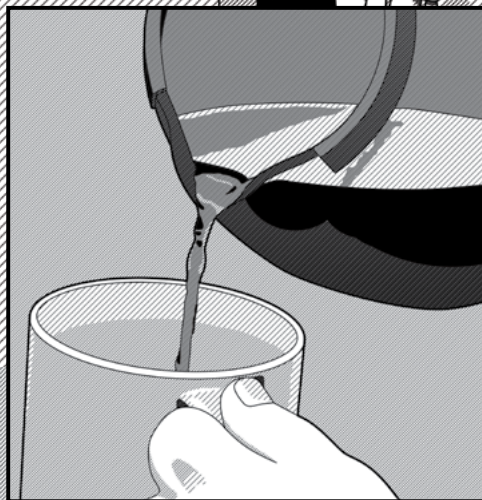
WE WON'T EAT
IN FRONT OF
YOU. AND I'M
GOING TO BE
YOUR ESCORT!

YOU TWO ARE
THE BEST.

**SIGH*... I HOPE I DON'T GET CANCER.
THE CANCER SCREENING WILL BE HARD,
BUT I WANT TO PROTECT MY HEALTH.
MAYBE A GOOD NIGHT'S REST
WILL HELP CLEAR MY MIND...*

ONE DAY BEFORE THE COLONOSCOPY

EARLY NEXT MORNING



WAIT... THEY SAID
NO DAIRY. IF I
CAN'T SEE THROUGH
IT, I CAN'T HAVE IT.

LUNCHTIME, LATER THAT DAY...


ENJOY!

WE'RE HAVING
THE SAME THING
YOU ARE!

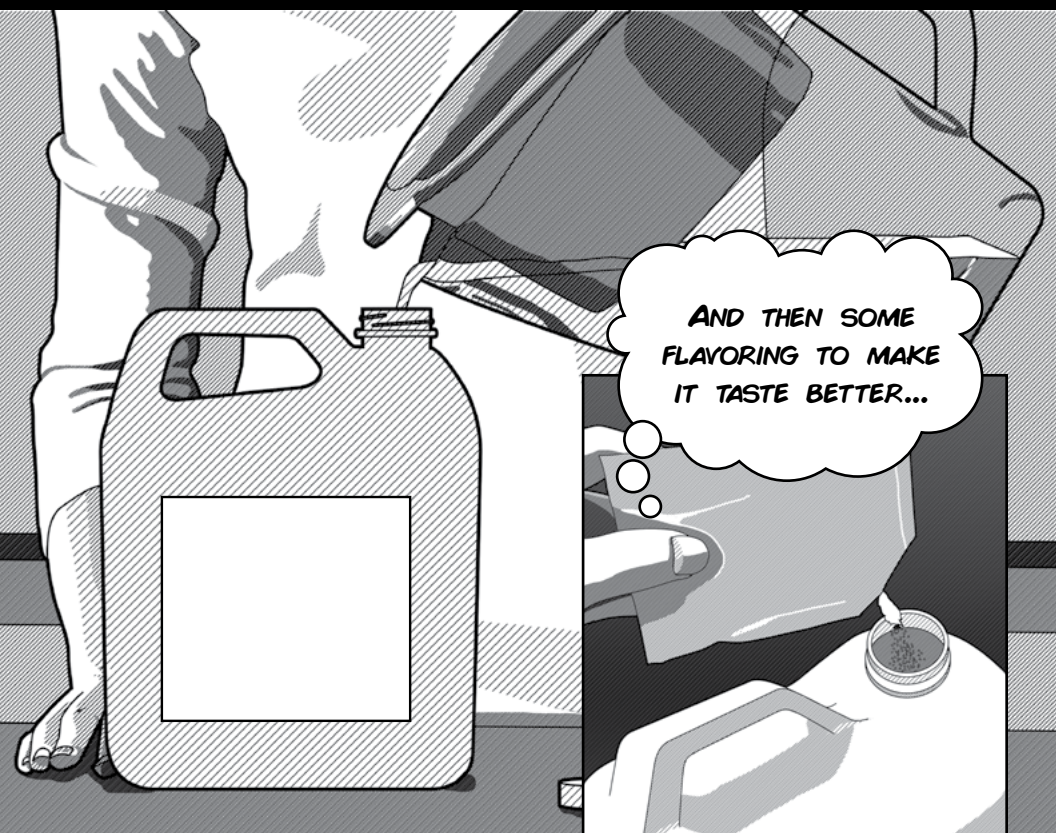
THANK YOU, BOTH.
I COULDN'T DO
THIS WITHOUT YOU.

ARE YOU ALL RIGHT?
YOU DIDN'T HAVE
SOLID FOOD ALL DAY.

I FEEL FINE. ALL
THIS WAS ENOUGH.



SO, ALL I HAVE TO
DO IS ADD WATER
TO THE BOWEL
PREP SOLUTION...




AND THEN SOME
FLAVORING TO MAKE
IT TASTE BETTER...



YOU'RE DRINKING
ALL OF THAT?



ALL EXCEPT ONE-HALF.
THAT'S FOR EARLY
TOMORROW MORNING.




YOU'RE SETTING A
GOOD EXAMPLE FOR
THE FAMILY, SANDRA.

I REMEMBER
YOU TOLD ME
YOUR GRANDFATHER
HAD CANCER.


YES, HE DID. THAT'S WHAT
MOTIVATED ME TO DO THIS.
IT'S BETTER TO FIND OUT
EARLY THAN TOO LATE.

YOUR SON SHOULD
GET SCREENED
SOON TOO. HE
DID RECENTLY
TURN 51.

UH-OH. "50-METER
DASH TO THE
BATHROOM" TIME...



HOW MANY TIMES
IS THAT GOING
TO HAPPEN?



TEN TIMES, MAYBE
MORE. IT WAS LIKE
THIS WHEN YOUR FATHER
HAD HIS COLONOSCOPY.



DAD HAD A
COLONOSCOPY?
HMM...

DAY OF THE COLONOSCOPY




I SHOULD FINISH
DRINKING THE REST
OF THE BOWEL PREP.






READY FOR YOUR
COLONOSCOPY, HON?



YOU BET! DON'T FORGET -
THEY WON'T LET ME GO
HOME WITHOUT AN ESCORT!



DON'T WORRY; I'LL BE
THERE TO PICK YOU UP!
THEN, YOU CAN TELL ME
WHAT IT'S LIKE.

AT THE CHECK-IN DESK...

WELCOME! OKAY, SO THREE THINGS: FIRST, YOU'RE HERE FOR A COLONOSCOPY?

YES.

SECOND, DID YOU EAT OR DRINK ANYTHING THIS MORNING?


THE LAST BOWEL PREP AT 5 A.M. THEN, NOTHING AT ALL.

PERFECT. THIRD, DO YOU HAVE SOMEONE TO TAKE YOU HOME?

YES. MY HUSBAND.

GREAT. I'LL LET YOU KNOW WHEN THE DOCTOR IS READY TO SEE YOU!





WE'LL SEE THE
PICTURES OF YOUR
COLON HERE.

HOW WAS THE
BOWEL PREP?

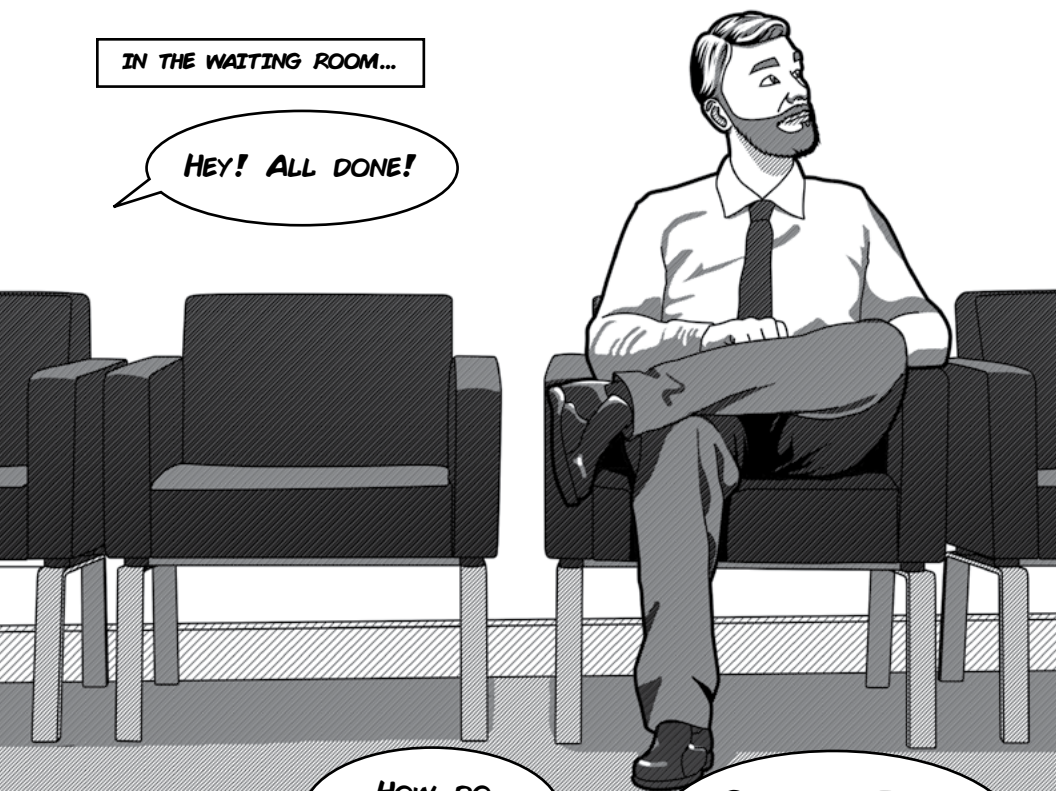
I DRANK IT ALL AND HAD ONLY
CLEAR LIQUIDS YESTERDAY. I
FEEL CLEAN AND EMPTY.

GREAT. NOW, THIS SEDATIVE WILL
MAKE YOU SLEEPY, AND YOU MAY NOT
REMEMBER THE COLONOSCOPY LATER.
READY FOR YOUR PROCEDURE?

I'M READY.

IN THE WAITING ROOM...

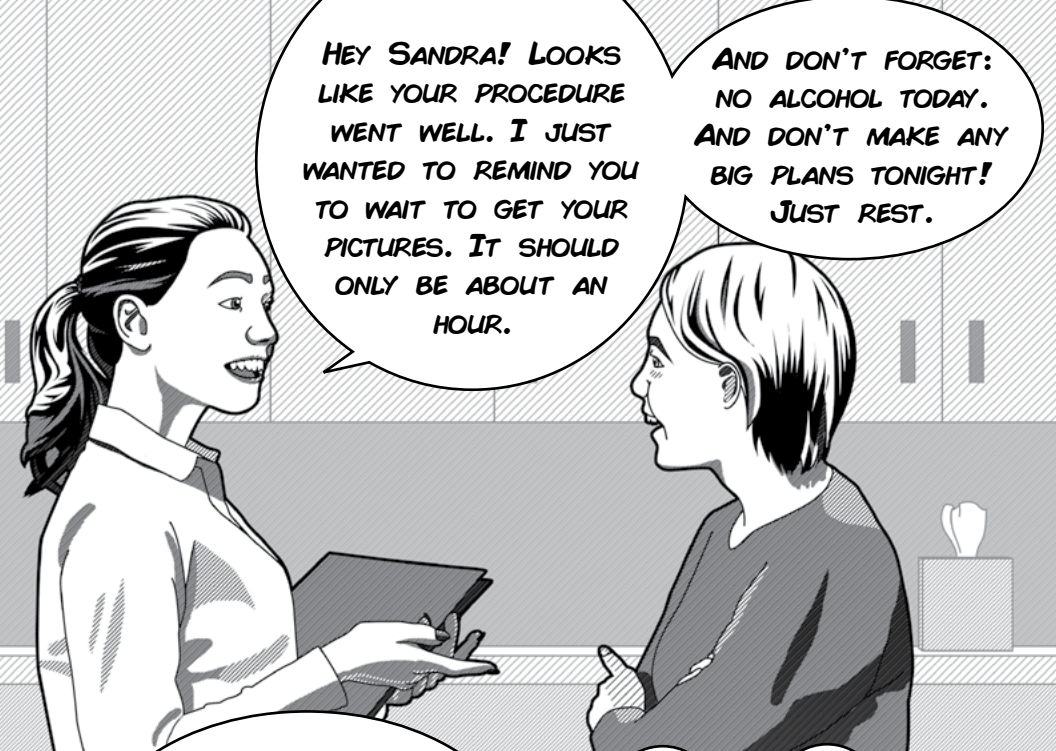
HEY! ALL DONE!



HOW DO
YOU FEEL?


RELIEVED! I AM
A LITTLE HUNGRY,
THOUGH.





HEY SANDRA! LOOKS LIKE YOUR PROCEDURE WENT WELL. I JUST WANTED TO REMIND YOU TO WAIT TO GET YOUR PICTURES. IT SHOULD ONLY BE ABOUT AN HOUR.

AND DON'T FORGET: NO ALCOHOL TODAY. AND DON'T MAKE ANY BIG PLANS TONIGHT! JUST REST.



THANKS FOR ALL YOUR HELP! AND I'M GLAD I DID THIS. IT FEELS GREAT TO INVEST IN MY HEALTH.

SHE SEEMS OKAY. MAYBE THIS IS SOMETHING I SHOULD DO...

AFTER THE COLONOSCOPY

WANT TO DO
SOMETHING FUN NOW?
GO SHOPPING?

NOT TODAY.
NO BIG PLANS,
REMEMBER?

OH, RIGHT... SO,
HOW WAS IT?

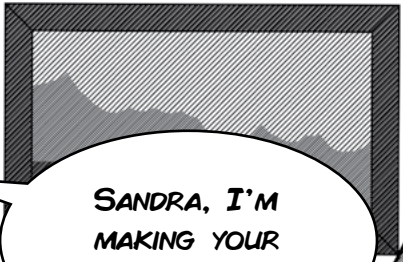
GOOD. THE NURSE
SAID THEY WERE ABLE
TO TAKE PICTURES OF
MY WHOLE COLON.
ALL THE WAY TO
THE END.

WHAT DID
THEY SEE?


NO POLYPS
OR BUMPS
THAT COULD
BE CANCER.



BOY, AM I
HUNGRY...




SANDRA, I'M
MAKING YOUR
FAVORITE TONIGHT!



THANK YOU! I
CAN'T WAIT!


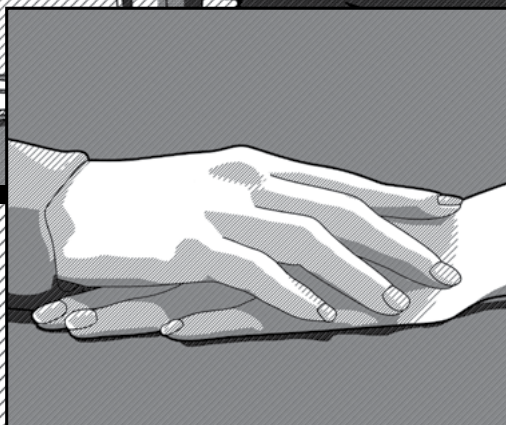
THIS WAS ALL SO
COMPLETELY WORTH
THE EFFORT.





WE ARE SO PROUD
OF YOU, SANDRA!

MAYBE I SHOULD
GET CHECKED FOR
COLON CANCER?



NOW... WHAT
ABOUT YOU?

QUESTIONS FOR YOUR DOCTOR

1. What kind of bowel preparation will I have to take before the colonoscopy procedure?
2. What other medication will I need to take besides the bowel preparation?
3. Will I have to stop taking any of my medication before the procedure?
4. How much time will I have to take off from work to prepare for the colonoscopy?
5. What kind of sedation will I receive during the colonoscopy?
6. How long does a colonoscopy take?
7. What if there is a polyp?
8. How often do I need to get a colonoscopy?
9. Who else in my family will need to get screened?
10. What should I do if I do not feel right after the procedure?

ACKNOWLEDGMENTS

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