

MYTH 1**I DON'T NEED A COLONOSCOPY.****FACT: COLON CANCER IS ONE OF THE MOST COMMON CANCERS – AND IT'S COMPLETELY PREVENTABLE.**

Everyone is at risk for colon cancer, and usually there aren't any symptoms.

The risk of colorectal polyps increases after age 50. On average, colonoscopies find these precancerous polyps in 15% of women and 25% of men who are screened. Removing the polyps prevents colon cancer. It's as simple as that!

MYTH 2**THE PREP IS TOO MUCH!****FACT: TODAY'S COLONOSCOPY PREPARATION IS EASIER THAN EVER.**

The prep is a big reason why people delay getting their colonoscopy. But we promise, the short-term disruption to your routine is worth it.

Expect to consume only clear liquids on the day before your colonoscopy (e.g., broth, Jell-O, black coffee, water). You'll also need to drink a mixture to clean out your colon. After the procedure, you'll be able to eat normally as soon as you like.

MYTH 3**IT'S PAINFUL AND RISKY.****FACT: YOU LIKELY WON'T FEEL A THING, AND IT'S AN EXTREMELY SAFE PROCEDURE.**

You are sedated during a colonoscopy, and 99% of patients don't feel or even remember the procedure. Afterwards there is no pain. You may feel groggy and bloated but this wears off quickly so you can get back to normal.

Colonoscopies are safe. The most common risk is bleeding, which is usually minimal and happens in less than 1% of procedures.

Kirby Medical Center provides colonoscopies right here in Monticello, so you don't need to travel far to get yours done. Plus, once it's over and if everything looks OK, you won't need another colonoscopy for 10 years.

PREVENT COLON CANCER; GET A COLONOSCOPY.
Call to schedule your appointment today.

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