All colonoscopies are not created equal.

Colonoscopies are not only used to detect colorectal cancer, but also to prevent it from occurring in the first place. One very important quality measure for colonoscopy is called Adenoma Detection Rate, or ADR.

A physician’s ADR rate measures the percentage of finding pre-cancerous adenomas during a colonoscopy. The national benchmark of ADR is 30% in men and 20% in women. The ADR rates for Austin Gastro physicians are significantly higher than the national benchmarks.

Another very important quality measure to consider is a group’s Complication Rate, which refers to perforations or bleeds that require a hospital visit. In 2016, Austin Gastro’s total Complication Rate for colonoscopies was .086%, as compared to the national average of 1.6% according to a 2016 study by the Yale Center for Outcomes Research and Evaluation.

What this means is that Austin Gastro physicians have a higher chance of finding pre-cancerous polyps and lesions before they have a chance to develop into cancer. And, you have a lower chance of complications.

Austin Gastroenterology
Your digestive health specialists

AustinGastro.com

What to expect when your doctor says you need a colonoscopy.

It’s not so bad, really!

And it could save your life.
Colonoscopy is performed to diagnose, treat, and prevent diseases of the large intestine. Most commonly, a colonoscopy is ordered when a patient turns 50 years of age to screen for colon cancer, or earlier if there is a family history of colon cancer. If polyps or abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or pathology.

We understand that the idea of having a colonoscopy can seem overwhelming. We do our best to make the process as easy as possible. You will generally only need to be off of work for the day of the procedure. In most cases, a clear liquid diet is required the day before the procedure. Bowel prep is done the evening prior and/or early morning on the day of the procedure. The new formulations of bowel prep are much more tolerable than they used to be. Someone will need to drive you to and from your procedure.

Austin Gastro also offers a same-day bowel prep called HyGleacare for people who prefer to skip the at-home bowel prep the evening before their colonoscopy. Your gastroenterologist can explain more about this same-day option.

**STEP ONE:**
GI Consultation

You will need to have a consultation with a gastroenterologist. During your consultation, the gastroenterologist will take your medical history, review your medications and determine if modifications need to be made to your medical regimen before your colonoscopy. At that point you will schedule your procedure for a time that is convenient for you.

**STEP TWO:**
Bowel Prep

In some cases, you may be instructed to modify your diet prior to your procedure. You will begin bowel preparation the evening before, and finish by early morning of the procedure. It is crucial to follow the instructions carefully to ensure the colon is completely clean. A clean colon will increase the chance of polyp detection.

**STEP THREE:**
The Day of Your Procedure

You must have a responsible adult to stay with you on the day of your procedure and take you home post-procedure. You will need to arrive 1-2 hours prior to your scheduled procedure. The total time for the procedure is 2-3 hours, which includes arriving an hour early and recovery time.

**STEP FOUR:**
Results

You will be provided with the results of your colonoscopy on the same day. If biopsies are obtained, you will be notified of the results within 1-2 weeks by our team.