



### Direct-Access Colorectal Cancer Screening

NewYork-Presbyterian has simplified the process for colon and rectal cancer screening by offering patients the opportunity to complete a pre-screening questionnaire over the phone instead of having to come to the hospital. Our team will review the questionnaire and inform you on your eligibility to schedule your colonoscopy without a prior office visit. Due to the more efficient process, you can obtain an appointment in one week at some of our sites.

### Colorectal Cancer Symptoms

Early colorectal cancers may not cause any symptoms at all. As cancer grows it may cause symptoms. If you have any of the following symptoms, you should talk to your primary care doctor or a gastroenterologist about getting a colonoscopy.

- Change in bowel habits
- Blood in the stool or on the toilet paper
- Abdominal pain
- Unexplained weight loss
- Anemia (low blood count)

**Colonoscopy is the only way to both screen for and prevent colorectal cancer.**

### A Top Five Hospital in the Nation

NewYork-Presbyterian is one of the nation's most comprehensive, integrated academic healthcare delivery systems, dedicated to providing the highest quality, most compassionate care and service to patients from the New York metropolitan area, across the country, and around the globe. In collaboration with two renowned Ivy League medical schools — Weill Cornell Medicine and Columbia University Vagelos College of Physicians and Surgeons — NewYork-Presbyterian is consistently recognized as a leader in medical education, groundbreaking research, and innovative patient care. *U.S. News & World Report* ranks NewYork-Presbyterian as the #1 hospital in New York and a top five hospital in the country.

### Multi-Disciplinary Centers

The innovative design of our facilities allows for patients to conveniently visit one location for their screening, diagnostic, and surgical procedures. In one building, our patients can visit multiple specialists, nutritionists, and genetic counselors.

### MAKE AN APPOINTMENT FOR A COLONOSCOPY

**NewYork-Presbyterian/Weill Cornell Medical Center:**  
646-893-2136

**NewYork-Presbyterian/Columbia University Irving Medical Center:** 646-960-8743



[nyp.org/colonoscopy](https://nyp.org/colonoscopy)

**Make That Call**

**NewYork-Presbyterian**

## Colonoscopy Screening and Prevention for Colorectal Cancer



AMAZING  
THINGS  
ARE  
HAPPENING  
HERE



**Patients can conveniently visit one location for their screening, diagnostic, and surgical procedures.**

### **What is a Colonoscopy?**

During a colonoscopy, a doctor looks inside the rectum and colon using a colonoscope, a special flexible scope with a camera at its tip. According to the New York City Department of Health and Mental Hygiene, colonoscopy is the preferred screening test for colorectal cancer — cancer of the colon or rectum. During a single examination, the physician can prevent colon cancer by removing potentially precancerous polyps and can also identify cancers in their earliest, most curable stages.

### **Why is a Colonoscopy Important?**

Colorectal cancer is the second leading cause of cancer death in the United States. Each year, more than 145,000 Americans are diagnosed with the disease, which kills more than 51,000 people. With proper screening, however, colorectal cancer is highly preventable and curable. Colonoscopy is the only diagnostic and treatment procedure that can be used to both screen for and prevent colorectal cancer.



### **Preventive Screening**

Polyps and early colorectal cancers often cause no symptoms. That is why periodic screenings are so important. The ability to identify and remove precancerous polyps during colonoscopy has been proven to reduce the risk of death from colon cancer.

### **When Should I Be Screened?**

The American Cancer Society now recommends having your first colonoscopy at age 45 — earlier if you have a family history of colon cancer — based in part on new data showing an increase in the number of people being diagnosed with colorectal cancer between the ages of 20 and 55. After your first exam, colonoscopy is generally recommended every 10 years unless the findings indicate you need colonoscopy more frequently (for example, if the doctor finds polyps).

## **Five Things to Know About Colonoscopy**

### **It is safe and pain-free**

During your colonoscopy, you have a whole team by your side, including a gastroenterologist, anesthesiology professional, a nurse, and a technician. This highly skilled team ensures your safety during the procedure. You'll receive sedation so you can feel relaxed and comfortable. Your gastroenterologist will then insert the colonoscope into your rectum to view the entire colon. Many patients become so comfortable that they do not even realize the procedure was completed.

### **Your body is completely covered during the exam**

You don't need to worry about being embarrassed or exposed during your colonoscopy. You will wear a hospital gown, and a sheet provides extra covering.

### **It goes by quickly**

A typical colonoscopy takes about 30 minutes. If polyps are found and need to be removed, it may take longer. Once the procedure is finished, you'll slowly wake up. If a biopsy was taken or a polyp removed, you will be contacted in a few days after a pathologist has reviewed the tissue sample.

### **You can resume your normal activities within 24 hours**

You can eat and get back to a somewhat normal routine within an hour or two of your exam. You may experience some gas and abdominal bloating, but that goes away within several hours. Be sure to arrange for a ride to take you home, and focus on resting for the rest of the day. You can resume work and your regular activities the next day.

### **Colonoscopy remains the gold standard for preventing colon cancer**

Nearly all colorectal cancers begin as polyps. While there are other ways to screen for colorectal cancer, such as tests to look for hidden blood and genetic mutations in the stool, a colonoscopy is still the only way to both detect and prevent colorectal cancer.