

Board Certified in Gastroenterology

FOLLOW UP COLONOSCOPY POLYPS REMOVED

The biopsy report from your recent colonoscopy indicates that the pathologist identified NO cancer.

Your polyps(s) has/have been classified as:

_____ HYPERPLASTIC: This type of polyp is NOT believed to progress to cancer.

_____ ADENOMA: This is the type of polyp, which could potentially progress to cancer if not removed. Statistically, you are at increased risk of developing future colonic polyps. It generally felt that most colon cancers start from an adenoma type polyp.

_____ OTHER:

Repeat COLONOSCOPY is recommended in _____ years.

The American Cancer Society recommends a screening colonoscopy every 10 years for patients who are without a family history of colon cancer or bowel symptoms.

There is some evidence that the following supplements taken daily may help prevent the formation of polyps:

- ◆ Enteric-coated Aspirin 81 mg
- ◆ Calcium 1500 mg
- ◆ Vitamin C 500 mg
- ◆ Vitamin E 400 units
- ◆ Folic Acid 400 mcg

Things you can do to reduce your risk of colon cancer:

- ❖ Maintain a high fiber diet with a variety of high fiber foods. Fiber is found especially in high fiber cereals, grains, legumes, fruits and vegetables.
- ❖ Prepare low fat meals
- ❖ Keep your follow-up appointments with your healthcare provider regarding your digestive health.
- ❖ Inform your doctor if you have any of the following changes in your health:
 - Abdominal pain or bloating
 - Blood in your stool or a change in bowel habits
 - Unusual fatigue
 - Unexplained weight loss
 - Any changes in your bowel habits

**Please tell your friends and neighbors how easy this examination was to complete
(It's OK to leave out the part about the day before the procedure)**

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