

## My Action Plan



Colonoscopy is a test that allows your doctor to see inside your large intestine using a very thin tube that has a light and a camera.



A colonoscopy helps find growths or polyps that may be cancerous. An advantage of colonoscopy is that if such growths are found, they can be removed immediately.



You might need a referral from your doctor to see a gastroenterologist for a colonoscopy. The gastroenterologist will tell you what foods you can and can't eat and any medications you will need to take to cleanse your colon before the exam.



Since you will be sedated during the exam, you will need someone to accompany you to your appointment and drive you home.



The cost of a colonoscopy is covered under many health insurance plans, both public and private.



If everything is normal, you should retest every ten years.

**Remember: Prevention today, better life tomorrow!**

**My  
Action Plan**



**STEPS TO FOLLOW TO GET MY COLONOSCOPY:**

- I talked to my primary doctor about colorectal cancer and got a referral for a colonoscopy.
- I called the gastroenterologist's office, made an appointment, and wrote down the date.
- I brought my primary care doctor's referral with me to my appointment with the gastroenterologist.
- I spoke with the gastroenterologist about the colonoscopy and cleared up all my doubts. I was attentive to the steps to follow to prepare for the exam.
- I made the appointment for the colonoscopy and wrote down the date.
- I have arranged for a family member or friend to drive me to my appointment and back home.
- I followed my doctor's instructions on how to cleanse my colon before the colonoscopy.
- I went to my appointment accompanied by my family member or friend.
- The gastroenterologist performed my colonoscopy and discussed the results with me. They also told me when I should repeat the exam, as well as any other instructions.
- I called the clinic, made an appointment to talk to my primary doctor about my results, and made a note of my appointment date.
- I discussed the results with my primary physician and followed his recommendations.

**MY PLAN TO COMPLETE THE COLONOSCOPY:**

DATE

- I talked to my doctor and got a referral for a colonoscopy.
- I have an appointment with the gastroenterologist.
- I'm going to have a colonoscopy.
- My appointment with my doctor to discuss my results.
- My next colonoscopy.

What prevents me from having a colonoscopy?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How am I going to overcome these barriers?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**MY COMMITMENT:**

**For my health and my family, I promise to:**

- Talk to my doctor about screening for colorectal cancer.
- Complete the recommended screening test(s) for colorectal cancer.
- Discuss my results with my doctor and follow their instructions.

signature

date