



# UNITED GASTROENTEROLOGISTS

## Patient Education Sheet

### Colon Polyps

**What are colon polyps?** — Colon polyps are tiny growths that form on the inside of the large intestine (also known as the colon) . Polyps are very common. Roughly one-third to one-half of all adults have them. They do not usually cause symptoms. But some polyps can be or become cancer, so doctors sometimes remove them.

**What are the symptoms of colon polyps?** — Colon polyps do not usually cause symptoms.

**How do doctors find colon polyps?** — Doctors usually find colon polyps when they are doing screening tests to check for colon or rectal cancer. Cancer screening tests are tests that are done to try and find cancer early, before a person has symptoms. The screening tests for colon and rectal cancer include:

- Colonoscopy – Before having a colonoscopy, you will get medicine to help you relax. Then a doctor will put a thin tube into your anus and advance it into your colon. The tube has a camera attached to it, so the doctor can look inside your colon. The tube also has tools on the end, so the doctor can remove pieces of tissue, including polyps. After polyps are removed, they usually go to a lab to be tested for cancer and other problems.
- Sigmoidoscopy – A sigmoidoscopy is very similar to a colonoscopy. The only difference is that this test looks only at the first part of the colon, and a colonoscopy looks at the whole colon.

**How are colon polyps treated?** — Doctors remove polyps using the same tools they use for a colonoscopy. They can remove polyps either by snipping them off with a special cutting tool, or by catching the polyps in a noose

**What happens after I have polyps removed?** — You may need to have a colonoscopy every few years to check for more polyps. In some people polyps come back. And if you had the kind of polyps that could become cancer, your doctor will want to remove them as they appear. Also, if the polyps you had removed were the kind that could become cancer, people in your family might need to be checked for polyps and colon cancer, too.

**Can colon polyps be prevented?** — To reduce your chances of getting (more) polyps or colon cancer:

- Eat a diet that is low in fat and high in fruits, vegetables, and fiber
- Lose weight, if you are overweight
- Do not smoke
- Limit the amount of alcohol you drink

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