

## Patient Counseling Information

## GI Pathology Report

Patient Name:

Date of Testing:

Birth Date:

Social Security #:

## Your Pathology Test Result

Adenomatous Polyps

## Pathologist Description of Your Diagnosis

Adenomatous polyps are small growths originating from the lining of the colon or large intestine. These growths are benign (non-cancerous) most of the time. However, these growths have the potential to turn into cancer if they are not removed. Some polyps need closer monitoring by your physician than others as there are several different types of polyps. The long range goal is to remove these polyps and reduce the possibility of bleeding, irritation, and cancer.

## Your Options For Treatment

Colonoscopy - Removal of the polyp(s) via colonoscopy (flexible instrument with a small light attached) is the standard of treatment for small sized polyps. Future colonoscopic exams may be recommended by your physician.

## Patients' Frequently Asked Questions

Do I have the type of polyp that puts me at a higher risk of cancer?

Are any of my family members at higher risk?

What are the intervals for future colon examinations?

What signs and symptoms of colon cancer should I be aware of?

How will my diet and lifestyle be changed?

## Suggestions For Your GI Health Maintenance

### Don't Miss Your Follow Up Appointments

Eat a varied high fiber diet – (grains, fruits, vegetables, popcorn)

Prepare low fat meals

Don't miss follow up appointments with your physician

Report any changes in your routine bowel habits to your physician such as:

Abdominal pain

Unexplained fatigue or weight loss

Blood or mucus in your stool

Any changes in your bowel movements

## Additional GI Patient Resources and Support

American Digestive Health Foundation, (1-800-NO-ULCER).

Health & Wellness Hotline 800-394-7546

American College of Gastroenterology Hotline – 800-978-7666

website: [www.acg.gi.org](http://www.acg.gi.org)

Digestive Health Initiative – 800-668-5237

American Cancer Society – 800-ACS-2345

National Cancer Institute Information Service – 800-4 CANCER

website: [www.nci.nih.gov](http://www.nci.nih.gov)

OncoDiagnostic Laboratory, Inc., website: <http://www.oncodiagnostic.com/>

This report is provided to help you understand your pathology test result and to review your treatment options. Other treatment options and additional information may also be available. Please consult your doctor with any questions you may have. Only you and your doctor can decide which treatment is best for your condition based on your medical history and condition.

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