

# Top 5 Excuses

## For **NOT** Having A Colonoscopy (*And Why They're Inexcusable*)



### **Excuse #1 – “I don’t have a family history of colorectal cancer.”**

**The Facts:** Most people diagnosed with colorectal cancer have NO family history of the disease. The #1 risk factor is age. Colorectal cancer is most common in people over age 50 and increases with each decade.

### **Excuse #2 – “I don’t have any symptoms.”**

**The Facts:** Often, there are NO symptoms during the early stages. During later stages, when treatment is much less effective, symptoms can include a change in bowel habits, rectal bleeding, blood in the stool, fatigue, unexplained weight loss and persistent gas, cramps or pain.

### **Excuse #3 – “It’s painful.”**

**The Facts:** Truth is, there is nothing to fear. During a colonoscopy, a sedative is used to relax the patient and maintain his or her comfort throughout the entire procedure. In fact, most patients fall asleep.

### **Excuse #4 – “Testing doesn’t do any good.”**

**The Facts:** Here’s the good news. Colorectal cancer is one of the most treatable forms of cancer, especially when it’s detected early. Regular testing increases the chance of detecting the disease at an early stage.

### **Excuse #5 – “I’ll feel embarrassed.”**

**The Facts:** You’ll be relieved to know that a colonoscopy is performed in a private room, with no other patients around. Privacy and dignity are preserved. So don’t let feeling embarrassed keep you from having a procedure that could possibly save your life!

**Contact your Primary Care Provider  
for a colonoscopy referral, or call  
(269) 686-4936  
to schedule your procedure.**



**Allegan  
General Hospital**

555 Linn St., Allegan, MI 49010 • [AlleganGeneral.org](http://AlleganGeneral.org)