

**Look After Your  
Insides**

# **Polyps of the Colon & Rectum**

**Your  
Questions  
Answered**

## What are Polyps?

A polyp is usually a non-cancerous growth of the bowel wall. Polyps develop in the lining of the bowel and protrude into the bowel. There are different types of polyps and some can develop into cancer over many years and this is a good reason for removing them.

## What are the symptoms?

Most polyps produce no symptoms and are often found incidentally during examinations of the bowel. Some polyps, however, can produce bleeding, mucus discharge, alteration in bowel function, or in rare cases, abdominal pain.

## How are polyps diagnosed?

Polyps are diagnosed either by looking at the bowel lining directly via a flexible telescope through the back passage (Colonoscopy) or by Xray (barium enema).

## Do polyps need to be treated?

It is difficult to predict whether or not a polyp is or will be cancerous, therefore, total removal of all polyps is advised.

The vast majority of polyps can be removed during colonoscopy examination in the Outpatient Department. Occasionally surgery is required.



## Can polyps recur?

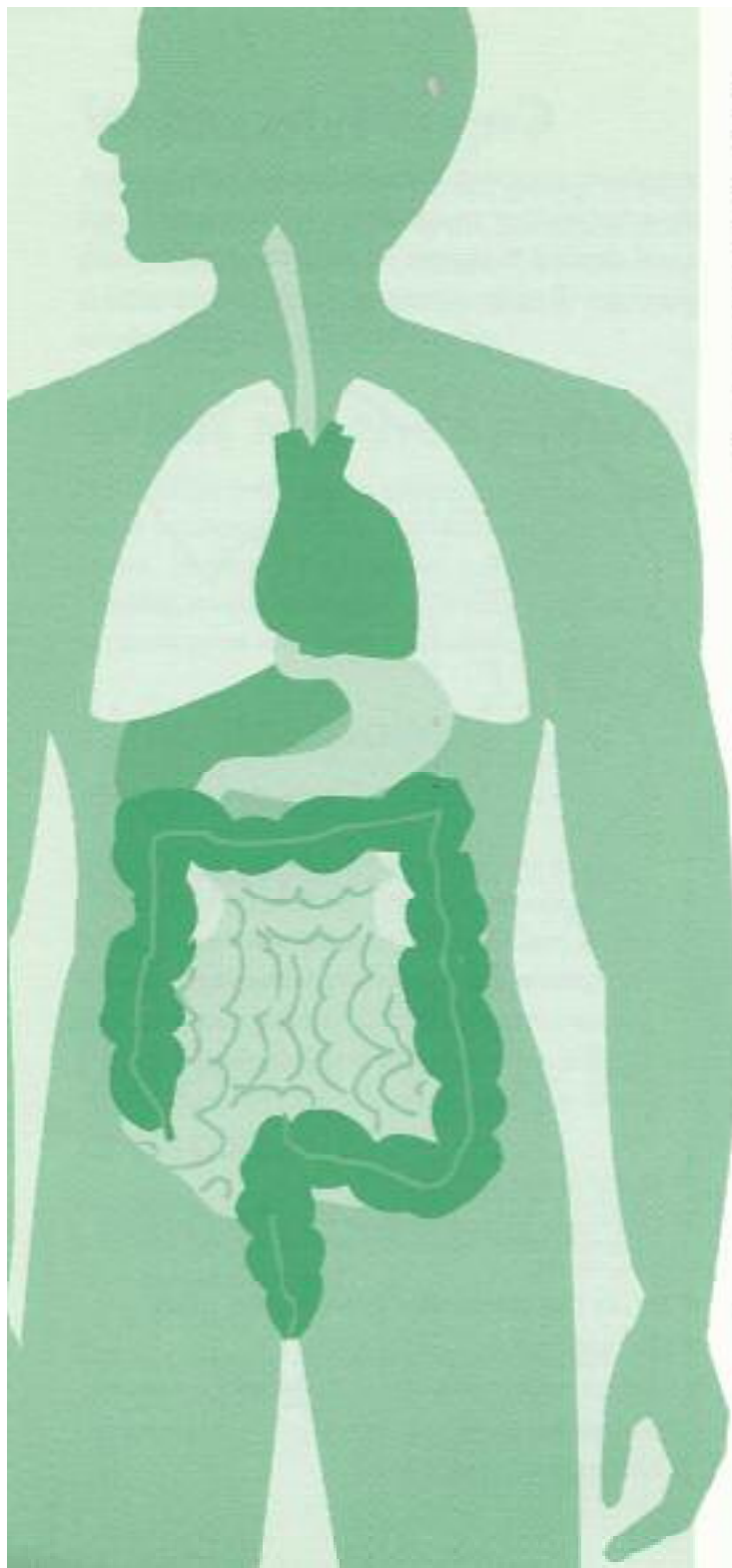
Once a polyp is completely removed, its recurrence is very unusual. However, the same factors that caused the polyp to form are still present. New polyps will develop in at least 30 percent of people who have previously had polyps. Regular examinations via colonoscopy is recommended for such individuals.



### Remember

If you experience any of the symptoms listed below, it does not necessarily mean that you have colorectal cancer, or any other serious health problem. However, you should not delay in seeking your doctors advice.

- Blood in the stool.
- Diarrhoea or constipation that continues after two weeks.
- Stools that are smaller in width than usual.
- Chronic fatigue.
- Stomach discomfort (bloating, fullness, cramping, frequent gas pains).
- Unexplained weight loss.



If you require any further information contact

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