Gastro Center NJ Recommends Regular Colonoscopy Procedure

May 10, 2019

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The West Orange based Gastro Center NJ advises members of the public to strongly consider getting a colonoscopy, especially if they?re at risk for certain diseases such as colon cancer. While colonoscopies are often joked about and dreaded by many, the procedure itself isn?t as complicated as many make it out to be. The Gastro Center NJ has a full team of doctors and specialists that make the procedure quick and painless.

Doctors around the world highly recommend that individuals who are over the age of 45 get regular colonoscopies as a preventative measure against colon cancer. A relatively common disease, studies have shown that 1 in 19 men and 1 in 21 women develop colon cancer. Although a colonoscopy isn?t a necessarily fun way to spend time, colon cancer has the best prognosis when caught early. In earlier stages, this type of cancer is easy to correct and may not even require treatment. Regular colonoscopies are something individuals should do for the best health outcomes?it just might save a life.

Not only can colonoscopies detect early signs of colon cancer, but they can also be used to determine if an individual has or shows signs of Irritable Bowel Syndrome, Crohn?s Disease, Ulcerative Colitis, Inflammatory Bowel Disease, Celiac Disease, Polyps, and many other common bowel issues. A colonoscopy is a quick

way to determine the cause of many bowel and intestinal difficulties, saving individuals trips to specialists and even the emergency room. This easy procedure can prevent patients from spending thousands of dollars and save them time by giving them a concrete diagnosis. Individuals who have experienced any rectal bleeding, lower abdominal pain, cramps, incontinence, anemia, long-lasting diarrhea, unusual bowel habits, or weight loss should schedule a colonoscopy. Visit https://gastrocenternj.com/ to learn more about Gastro Center of New Jersey?s scheduling procedures.

The first steps a Gastro Center NJ patient undergoes is preparation for their colonoscopy. This includes a consultation with one of the practice?s specialists, where they will receive instructions on what to do in the days leading up to their colonoscopy. Some patients will be asked to avoid certain foods or slightly modify their medicine, supplement, or vitamin intake the day before the procedure. They will also be asked to prepare their bowels the night before with the bowel preparation kit that will be provided. This kit will clean the patient's bowels using laxatives or other substances depending on the medical needs of the individual. All these steps allow for a better viewing of the inside of the colon by doctors and result in better safety for the patient as well as a more conclusive diagnosis.

Both the colonoscopy procedure and recovery at the Gastro Center NJ are quick and easy. A sedative will be administered to the patient at the beginning of the procedure to help them relax. Next, a thin tube with a camera attachment called a colonoscope will be inserted into the patient?s rectum and into their large intestine. This allows the doctors to review live footage of the patient?s colon to inspect the area for any polyps, which can be an indicator of colon cancer. From start to finish, the entire procedure takes around 30 minutes. The recovery is relatively quick as well. The gastro center has a recovery room within its facilities where patients stay while the sedatives wear off. During this time patients can ask any questions about the procedure and any necessary after care steps, as well as view the results of their colonoscopy. The Gastro Center of New Jersey wishes to advise their patients to bring a trusted friend or family member to the Center with them, as they will not be able to drive themselves home at the conclusion of the procedure.

Theodore DaCosta, MD, has been the Gastro Center of New Jersey?s gastroenterologist for nearly 30 years. Dr. DaCosta is an expert in a variety of digestive and gastrointestinal issues, and he works closely with all his patients to get to the root of their problems and find a treatment plan that works for them. Along with fostering strong relationships with his patients, Dr. DaCosta educates many on his Facebook page. He is incredibly active on the social media site, posting videos, articles, and pictures on a variety of different gastrointestinal diseases and treatments. To view the doctor?s Facebook page, visit https://www.facebook.com/TheodoreADaCostaMD/.

The Gastro Center NJ has many resources for current and potential patients on their website. Detailed information regarding colon cancer rates and treatments are available, as well as responses to popular myths surrounding the disease. Patients can also view the ?Patient Resources? tab on the practice?s homepage to

access educational material about the colonoscopy procedure, recovery, and what they should do to prepare for their colonoscopy. For top-rate gastrointestinal medical services, inquire with the Gastro Center of New Jersey today.

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For more information about Gastro Center NJ, contact the company here:Gastro Center NJ+1 862-520-169659 Main St Suite 1, West Orange, NJ 07052, USA

Gastro Center NJ

The Gastro Center of NJ is a full-service medical clinic in New Jersey for all gastrointestinal tract health conditions.

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