

## POLYPS OF THE COLON AND RECTUM

### WHAT ARE POLYPS?

Polyps are abnormal growths arising from the lining of the large intestine (colon and rectum). Some polyps are flat; others have stalks. The cause of polyps is unknown. Polyps are one of the most common conditions affecting the colon and rectum. They occur in 15 to 20% of the adult population. Although most polyps are benign, some polyps are the precursors of colon cancer. Most colon cancer starts in benign polyps

### WHAT ARE THE SYMPTOMS OF POLYPS?

Most polyps produce no symptoms and are found only during routine examination of the bowel. Some polyps, however, can produce bleeding, mucous discharge, change in bowel habits, or, in rare cases, abdominal pain

### DO POLYPS NEED TO BE TREATED

All polyps should be removed since there is no foolproof way of predicting whether or not a polyp is or will become a cancer. The vast majority of polyps can be removed painlessly by snaring them with a wire loop passed through the colonoscope. Small polyps can be destroyed simply by touching them with a coagulating electrical current. Most colonoscopies and polyp removal can be done with minimal discomfort on an outpatient basis. Large polyps may require more than one treatment for complete removal. Some polyps cannot be removed using the endoscope because of their size or position; surgery is then required. Polyps are examined under the microscope to detect any evidence of cancer. Your doctor will notify you of your biopsy results and recommend follow-up, depending on the number of polyps found and your family history

### CAN POLYPS RECUR?

Once a polyp is completely removed, it rarely reappears in the same place. However, the conditions favorable to polyp growth are still present and can lead to the growth of new polyps. In fact, almost a third of those people who had polyps will develop new polyps. Patients need to have regular follow-up examinations

### FOR SCHEDULING, PLEASE CALL OUR CLINIC

#### **BURNSVILLE CLINIC | 651-312-1700**

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#### **COON RAPIDS CLINIC | 651-312-1717**

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#### **EDINA CLINIC | 651-312-1700**

6565 France Avenue South, Suite 400, Edina MN, 55435

#### **MAPLEWOOD CLINIC | 651-312-1620**

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#### **PELVIC FLOOR CENTER EDINA | 651-225-7800**

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