

WHAT TO EXPECT AND FREQUENTLY ASKED QUESTIONS:

*****PLEASE READ BEFORE CALLING THE ON-CALL DOCTOR*****

BEFORE YOUR PREP:

- 1. I have a cold. Can I come in for my procedure?**
MAYBE. Please call if you have a fever, a productive cough, difficulty breathing, chest pain, confusion, new loss of taste or smell, runny nose, congestion, nausea, or vomiting (not caused by your prep). It is safest to proceed when your symptoms have resolved completely.
- 2. I accidentally forgot I was not supposed to eat seeds or nuts, or I ate one of the things on the list that I was not supposed to. Can I still do my colonoscopy the next day?**
YES, usually. One or two dietary indiscretions will not ruin the preparation or the ability of your physician to see what needs to be seen at the time of colonoscopy.
- 3. I take Xanax/Valium/Ativan for anxiety. Can I take it before I come in for my procedure?**
YES. Take your usual dose of the prescribed medication 4 hours or more before your procedure. However, be aware that you will be receiving additional sedation and you need to make sure your physician and the nurse are aware you took the medication.
- 4. Pregnancy testing** is required for all patients capable of bearing children aged 18-50, except those who have undergone a hysterectomy, have not had a menstrual cycle within the past year, who are currently pregnant, or those who have delivered a baby within the past 7 days.

DURING YOU PREP:

- 1. I am nauseous. What can I do?**
Some people do get nauseous or may throw up the prep solution. If that happens, stop drinking the prep for 1 hour and restart prep at a slower rate, such as one 8-ounce glass every 30 minutes, to complete remaining portion of prep. Make sure to finish the prep by the time you are instructed to take “nothing by mouth” (NPO).

It is important to stay well hydrated while preparing for your procedure. Good hydration helps prevent nausea and vomiting.

Drinking the prep through a straw placed at the back of your mouth, putting a lid on your cup, and sucking on a hard candy or cough drop can also help while you take your prep.

If you have persistent nausea/vomiting and cannot complete the prep, please **CALL THE OFFICE LISTED ON THE FIRST PAGE OF YOUR PREP INSTRUCTIONS DURING BUSINESS HOURS** to reschedule your procedure.
- 2. When will I begin having bowel movements and what should I do if I do not have a bowel movement?**
Everyone is different. Many patients begin to have bowel movements between 30 minutes to 3 hours after starting the prep. However, you may start having bowel movements before finishing the entire prep or you may not have results until after you have completed the entire prep. It may start suddenly.

Once it starts you will have frequent bowel movements and each time it should get clearer until your output is a clear and yellow fluid with little or no particulate matter; it should look like urine.

YOU MUST FINISH THE ENTIRE PREP, *even if your output is clear*. Failure to do so may result in a poor preparation which may make it difficult for the physician to see adequately during your colonoscopy.

If your prep is not satisfactory, your physician may need to cancel your procedure and/or bring you back sooner for another colonoscopy. If you have finished your prep and your output is still brown/cloudy, please call the clinic in the morning.

3. My stool still has particulate matter, or my output is not clear and/or yellow the morning of my procedure. What should I do?

Call the clinic number listed on your prep instructions after 6 am. We may recommend additional prep and/or reschedule your procedure for later that day. Alternatively, you may be rescheduled for a different day.

AT YOUR PROCEDURE:

1. Your colonoscopy will take 30-45 minutes. If your colonoscopy is in the Ambulatory Surgery Center, expect total time from check-in to discharge to be roughly 1-2 hours. If your colonoscopy is at the hospital, expect time from check-in to discharge to be up to 3 hours.
2. After you arrive at the clinic and check in, your nurse will greet you, show you to your bay and have you change into a gown. A nurse will complete a physical assessment and prepare you for your procedure. Your anesthesia provider will discuss sedation and have you sign a consent form.
3. Once in the procedure room, your team will make sure you are comfortable. Your physician will answer any questions you may have and have you sign a consent form. The anesthesia provider will induce sedation and you will fall asleep. Your anesthesia provider, physician and endoscopy technician/nurse will be with you the entire time you are sedated.

AFTER YOUR PROCEDURE:

1. Your physician will speak with you briefly after your procedure to discuss findings. You will be given discharge instructions and photographs. If you have further questions about your care, please make a clinic appointment to discuss next steps.
2. Once you are ready, you will be allowed to go home. You may bring an extra pair of underwear/pants and a towel with you to use after your procedure. We recommend you keep water and a snack in your car to have after your procedure.
3. Following your procedure, you may use over the counter hemorrhoid cream/wipes and/or a barrier cream such as zinc oxide to treat hemorrhoids or perianal soreness.