

## **COLONOSCOPY – FREQUENTLY ASKED QUESTIONS**

### **What happens if I start drinking the preparation laxative and I become nauseated or start vomiting?**

Wait 1 to 2 hours to allow your stomach to settle. Start drinking the solution at a slower pace. Instead of drinking a glass every 10 to 15 minutes, drink a glass every 20 to 30 minutes. This will take longer, but hopefully should keep you from vomiting the rest of the solution. If you continue to vomit, call our office to receive further instructions from your physician.

### **What happens if I drink the preparation and get no results?**

Be sure to tell your physician or the nurse so that an extended prep can be used. Often placing patients on 2 days of clear liquids and doing 2 preparations will result in a clean colon. Otherwise, the colon may not be clean and the examination may need to be repeated.

### **Why do I have to have someone drive me home?**

After your procedure is over you may be sleepy, uncomfortable, nauseated, or simply not yourself. This is the effect of the medications used for sedation and the procedure itself. Your reflexes will be slowed until the following day and you might injure yourself or others if you try to drive or operate machinery. Whenever possible you should be around someone that you know until the following day or at least until you arrive safely at home.

### **Can I take a bus or taxi home by myself after my procedure?**

No. Due to the sedation given during the procedure, you are considered impaired. The sedation medication impairs your judgment and reflexes. A trusted person must be with you to accompany you on public transit.

### **Can I take aspirin, anti-coagulants, or blood thinners before the procedure?**

It is recommended that you discuss with your GI doctor or the prescribing physician to find out if you should stop taking aspirin, arthritis medications, anti-coagulants, and blood thinners about 4 days before the procedure to reduce the risk of bleeding if polyps need to be removed.

### **I am very thin. Do I still have to take all of the laxatives?**

Yes. You must follow the preparation instructions provided to you. Your colon is approximately 6 feet long and must be completely emptied to help ensure an accurate and thorough examination.

### **I seem to be all “cleaned out” but haven’t finished my preparation. Do I need to finish it?**

Yes. You must follow the preparation instructions provided to you to help ensure an accurate and thorough examination.

### **Can I use cream during the preparation to help with anal irritation I’m experiencing?**

Yes, you may apply Desitin, A+D Ointment, Vaseline or any other cream.

### **Can I have my colonoscopy if I am having my menstrual period?**

Yes.

**When can I eat after the procedure is done?**

In general, you can eat immediately after your procedure (unless your doctor advises you otherwise) as long as you avoid greasy or spicy foods. Please be aware that the sedation medication may cause mild nausea and you may not have a full appetite until the following day.

**Can I go back to work following my procedure?**

No. Due to the sedation given during the procedure, you should plan to rest at home for the remainder of the day. You may resume your usual activities the day after your procedure.

**How will I learn the results of the test?**

You will be told about the preliminary results of the test before you leave to go home. If biopsies are performed or polyps are removed during the procedure you will be contacted with the results in about one week.

**Who can I call if I have questions regarding the preparation?**

If you have problems with the preparation or any other questions about your procedure, please contact our office at 516-487-2444.