

WEST CHESTER GI ASSOCIATES

COLONOSCOPY PREP FREQUENTLY ASKED QUESTIONS (FAQ)

1. It is important to drink plenty of water and other CLEAR LIQUIDS throughout the day in order to avoid dehydration and to flush the bowel. You are to remain on CLEAR LIQUIDS up until 4 hours before your scheduled arrival time. Then **Nothing** to drink; or no gum or hard candy either.
2. Feeling of bloating, chills and/or nausea are common after the first few glasses, due to the large volume of fluid ingested. Walking and other activities usually decrease nausea. This is temporary and will improve once bowel movements begin. Most people have a bowel movement within an hour or two of starting the laxative. Sometimes, there may be a delay of four hours. You just need to be patient and stay **close to a bathroom**. Multiple bowel movements **will** occur and may continue for several hours after you have finished drinking the solution. Your stools should become clear of solid material.
3. If you develop vomiting, severe discomfort or bloating, stop taking the prep for a while until the discomfort goes away. If vomiting persists, stop the preparation and call our office 610-431-3122 or the physician on call for further instructions.
4. Tucks/baby wipes and Charmin Plus® toilet tissue may help with irritation after the numerous bowel movements.
5. You **must** have a driver to assist you home. You may not drive or operate machinery for 12 hours after your procedure. You may not use any mode of transportation unless accompanied by a responsible adult.
6. Two business days prior to your procedure we will call you to verify the arrival time for your procedure; if there are scheduling changes the arrival time you were given may be slightly different; you do not have to arrive any earlier than the time that is given
7. Should you not receive this call please call 610-431-3122 prior to starting your prep.
8. You will be here approximately 2 – 2.5 hours.
9. If you reschedule your procedure, check to see if you need new prep instructions.
10. Please bring the three tan sheets (med/allergy, medical questionnaire, authorization sheet) with you on the day of the procedure. Along with a photo ID and your insurance card.
11. Please check with your insurance company to see if you need a referral (if applicable).

⇒ General or reschedule questions call 610-431-3122