

Upper Endoscopy and Colonoscopy Prep Frequently Asked Questions (FAQ's)

1. It is important to drink plenty of water and other **CLEAR LIQUIDS** throughout the day to avoid dehydration and to flush the bowel.
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 the 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. If after hours, please call the physician on call for further instructions at the same number above.
4. Tucks/baby wipes and soft toilet tissue may help with irritation after the numerous bowel movements.
5. You **MUST** be accompanied by a friend or relative to drive and assist you at home. We **WILL NOT** discharge you to a cab, bus, Uber/Lyft, or other transportation service without having a responsible party with you. You may not drive until the day after your procedure. We ask that your driver remains in the building or close by the facility. For afternoon procedures, drivers must be available to pick up no later than 4:30pm.
6. You will receive reminder text messages confirming your procedure date/time. You **DO NOT** have to arrive any earlier than the time that is given.
7. You will be here approximately 2-2.5 hours **TOTAL**.
8. If you reschedule your procedure, check to see if you need new prep instructions. There are different prep requirements for morning and afternoon procedures.
9. Please complete the medical history and medication forms and bring with you the day of your procedure along with a photo ID and insurance card.
10. Please check with your insurance company to see if you need a referral (if applicable).
11. **All weight loss medications and certain diabetic medications must be held prior to procedure. Please contact us if you have not received instructions or see form included in instruction packet.**

Prep instructions, patient forms and FAQ's can be found on our website:

www.westchesterendocenter.com

Please call our office if you have any questions 610-431-3122

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