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GASTROENTEROLOGY AND HEPATOLOGY

## COLONOSCOPY - FREQUENTLY ASKED QUESTIONS

**Q: How long does it take for the MoviPrep solution to work?**

A: The first dose usually works within 2 hours but may take up to 4 hours. The second dose works much faster and is usually completed by 2½-3 hours.

**Q: What if the first dose of MoviPrep has no effect by 4 hours?**

A: Because of the difficulty in properly cleansing the colon, two effective doses are necessary. If the first dose has not had any significant effect by 4 hours, I would take 4 Dulcolax tablets. That is, 4 hours after the first dose a dose of 4 Dulcolax tablets will be necessary. Of course, the late evening or morning dose is still required for a total of three doses in this situation.

**Q: What if my first dose is so effective that I believe I do not need a second dose?**

A: Unfortunately, two doses are necessary! If you are to have a properly cleansed colon, you will need to take the second dose. If for some reason, if you cannot tolerate or do not take all the prescribed doses, be sure to tell me prior to the exam, preferably before you arrive.

**Q: What if I am very sensitive to these laxatives and I believe, after taking the first dose, that the second dose is "too much for me"?**

A: In this situation, try taking one-half of the second dose. That is, take ½ quart. If this is effective, perhaps this will be sufficient. If you feel you can handle it, you can then take the other half quart 30 to 60 minutes later. Again, in the majority of cases, two full doses are required to ensure your exam is excellent.

**Q: The MoviPrep tastes terrible and has caused nausea. What can I do?**

A: The powder can be mixed in ANY clear liquid such as 7 UP, Sprite or clear fruit juice. Though some may experience nausea, severe nausea or even vomiting is very rare. The nausea usually recedes after 30 minutes to 2 hours. Hang in there! For the second dose, to avoid this nausea, take it slower, mix the powder in something better tasting and refrigerate before taking it.

**Q: I am confused by the instruction of when to stop taking liquids. When do I stop?**

A: You can take all the clear liquids you want until 4 hours before your arrival time. Note that if your arrival time is particularly early, such as 6:45 a.m., you should plan to complete your laxative and liquid “breakfast” by 2:45 a.m., as you will not be able to take clear liquids after that. We want your stomach empty when we sedate you.

**Q: I’ve heard the laxative tastes “dreadful”. Is there an alternative?**

A: Most say it is not all that bad. I would mix it with something “tasty”, such as 7-UP or ginger ale, take it over ice, perhaps through a straw to reduce the taste, and follow immediately with jello to clear your mouth of the taste. And remember, this is only one day, and it’s for a good cause! There are alternatives, of course. Ask me.

**Q: I have taken only part of the prescribed preparation because I feel "clean enough." Is that okay?**

A: If you do not follow the prescribed clean-out instructions, you risk not being clear enough for a complete exam and may need to repeat it! Please let me know if you find you have to “vary the prep.”

**Q: I have a very early arrival time and will basically need to “pull an all-nighter” if I am to take the prescribed preparation early in the morning. What can I do?**

A: If you have a really early arrival time, like 6:30-7AM, you could take the first dose in the early to mid afternoon and the second dose around 10PM-11PM. Remember, the second dose should be taken 5-8 hours before arrival time. Please ask us if there is any confusion. And trust me....that morning dose is very important to achieve a clean colon.

**Q: I tend toward constipation. Should I add something to my clean-out regimen to insure an adequate “preparation?”**

A: Absolutely! Please let us know this so we can “personalize” your clean out schedule. You might also ask for a later procedure time, so if the morning dose is less than “effective” we have time to add something before you come in.

**Q: When will I be ready to leave the facility after my procedure is completed?**

A: Typically you will leave 1¾ -2 hours after you arrive. Please have your ride park and come up to the waiting room and announce themselves. We will call them into the recovery room when you are ready to leave, typically 30 minutes after your procedure is completed. Alternatively we can transport you down to the street level if you need to meet your ride there.

**Q: I’m driving a long distance to the facility and should probably stay over one night. What would you recommend?**

A: I would drive the day before the procedure, take the first laxative dose when you arrive, and plan to be driven home after you’ve eaten following the procedure.

**Q: When will I hear about my results?**

A: I will see you in the recovery room before you leave and discuss the procedure results with you. If biopsies have been taken or polyps removed, we will receive the report within the next 3 to 5 days. If there is a significant finding, we will call you at that time. If the findings are minimal, or the polyp(s) removed “diminutive”, I will let you know in the recovery room, and we will not plan on calling you.

**Q: I am concerned that the clear liquid diet will not provide enough calories. What supplement can I take?**

A: "Resource Fruit Beverage" is a high protein, clear liquid drink that you may purchase at a large pharmacy. It has approximately 9 grams of protein and 240 calories per 8 ounce box, and it comes in a variety of flavors. You may take as many as you wish while you're on “clear liquids”. If you cannot find it at a local pharmacy, the pharmacies in our East and West Towers have them.

**Q: I am very apprehensive and concerned about the anesthesia. Will I meet the anesthesiologist before the procedure and have a chance to tell him/her my needs and concerns?**

A: Yes, you will have ample opportunity to discuss any concerns with me and the anesthesiologist in the "pre-op" area prior to the procedure. Of course, feel free to discuss these needs or concerns with me before your procedure date as well.

**Q: How soon may I travel after the procedure?**

A: If no electrocautery is used in the removal of significant polyps, you may travel virtually immediately. If we do remove large polyps with cautery, however, there is a small chance of bleeding up to 10 days afterward, and I would not recommend travel of any consequence for 10 days; certainly not to Third World countries!

**Q: I am quite modest, and wonder if I will be embarrassed during the procedure?**

A: You will be well covered during the procedure, and every effort is made to respect your privacy.

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