Frequently Asked Questions

Prior to your procedure-

1. **Can I dilute the prep with clear juice or soda etc? Can I add ice to it or refrigerate it?**
Yes, it is perfectly safe to mix with other clear liquids from the list we provided.

2. **What if I throw up after taking the prep?**
This happens sometimes, but it's important that you finish drinking the prep. If you feel sick to your stomach or vomit, wait until you feel better and then start drinking again. Drink the prep more slowly. You can also try drinking some ginger ale or a cup of hot tea (without milk) to settle your stomach or an anti-nausea medication can be prescribed to help alleviate your symptoms.

3. **Will my insurance cover this?**
We will make every effort to get prior authorization and an estimation of benefits for you to review in a timely manner. The surgery center and anesthesia group does their own authorizations and will provide you with their own estimation of benefits. If you have any questions or concerns please call them directly.

4. **Can I have the colonoscopy done during my menstrual cycle?**
Yes. The procedure can still be performed.

5. **Can I take my routine medication on the morning of my procedure?**
You may take your routine medications with a tiny sip of water up to 3 hours before your procedure unless directed differently by the pre-op nurse or by your doctor's office.

During your procedure-

1. **How long is the procedure?**
Time may vary, however, you should plan it to take 2-3 hours. Procedure itself is approximately 30 min.

2. **Will I need anesthesia/sedation?**
Yes, anesthesia/sedation is provided for all endoscopy and colonoscopy cases by Licensed Anesthesiologists to ensure patient safety and comfort.

3. **What kind of anesthesia/sedative will be used?**
Propofol injection is used to help you relax or sleep before and during your procedure. This medicine is an anesthetic and a sedative.

Post procedure-

1. **What should I expect after the procedure?**
After the test, you may be bloated or have gas pains. You may need to pass gas. You may still have some liquid stool on day of procedure and may not have a bowel movement for few days.
If you have any of the following symptoms after a colonoscopy, seek medical care right away: severe pain in your abdomen, fever, or bloody bowel movements that do not get better.

2. **How long until I can eat and drink after the procedure?**
You can eat and drink immediately after your procedure. Unless directed differently on day of procedure.

3. **How long until I can return to my normal activities?**
You may resume normal activities the next day. Unless directed differently on day of procedure.

4. **Will I need a driver?**
Yes. For your safety, do not drive, operate machinery, or power tools the day of your procedure after getting sedation.

5. **If something is found, what happens?**
The doctor will takes samples and send them to pathology. Check your letters in MyChart for your results and recommendations. He may speak with you right after your procedure and request you to make a follow up appointment or contact our office for the results.

6. **When can I resume my medications?**
If you take aspirin or some other blood thinner, ask your doctor if and when to start taking it again. Make sure that you understand exactly what your doctor wants you to do. If polyps were removed or a biopsy was done during the test,

your doctor may tell you not to take aspirin or other anti-inflammatory medicines for a few days. These include ibuprofen (Advil, Motrin) and naproxen (Aleve).

7. **How often do I need to repeat my procedure?**
Check your letters in MyChart for your results and recommendations.