

SUMMIT ENDOSCOPY CENTER: FREQUENTLY ASKED QUESTIONS

YOUR TEST IS ONLY AS GOOD AS THE PREPARATION. THE SUCCESS OF YOUR COLONOSCOPY DEPENDS ON YOUR COMPLIANCE TO THE PREPARATION INSTRUCTIONS.

Anesthesia questions:

- 1. Why can I not have anything to drink 4 hours before my procedure?** Drinking liquid causes your stomach to produce acid and while you are sedated that acid can possibly get into your lungs making it difficult to breathe.
- 2. Why can I not chew gum or have mints or ice chips?** Just as drinking causes your stomach to produce acid, so does chewing gum and eating mints. While you are sedated that acid can possibly get into your lungs making it difficult to breathe.
- 3. Why can't I have something to drink in the recovery area?** Your recovery period is normally very short due to the type of sedation given. You may eat and drink as soon as you leave the recovery area.

Procedure preparation questions:

- 4. What is a colonoscopy?** A colonoscopy is a procedure that lets the doctor see inside your colon, or large intestine, to look for early signs of colon cancer or other problems, such as abnormal growths called polyps. A long, thin flexible tube with a tiny video camera and a light on the end, called a colonoscope is inserted through the rectum after you've been sedated. Pictures of the inside of your colon are shown on a monitor screen.
- 5. I lost my printed instructions provided by the office. May I follow the instructions on the box?**
No. Our instructions are designed to provide a thorough colon cleansing and keep you safe for anesthesia. You may find the prep instructions at our website. www.secfay.com
- 6. Is there a way to make the prep taste better?** You may mix the prep with water or clear flavored liquid.
- 7. What happens if I start vomiting or feeling nauseated while taking the laxative preparation solution?** Try taking a 30 minute break and then try again. Drinking the laxative solution more slowly may also help. You may want to use a straw if you do not like the taste of the solution. If you are able to keep your laxative solution down for 30 minutes, it will achieve its desired effect. Some nausea is common, however if you become extremely nauseated with uncontrollable vomiting, call the on call physician 770-719-3240.
- 8. I don't like the prep the doctor ordered. May I use my own laxative and enema preparation?**
No. Enemas do not reach high enough to clean the entire colon. The preparation must be taken as instructed by our office.
- 9. Do I have to drink all of the laxative prep even if my last bowel movement was clear?** Yes. Remember that you have 30 feet of digestive tract that we are trying to clean out from the top down. Though it may be hard to believe, it takes a lot of laxative solution to achieve this goal. The second dose is as essential as the first. If you want an accurate exam, it is very important that your prep for the test is complete. If your colon is not well cleaned out the test will be interrupted and rescheduled for another day. (No one wants to go through the preparation process twice!)
- 10. I am drinking the laxative preparation but my bowels have not moved. What should I do?** Be patient. The laxative preparation rarely fails; though sometimes there may be a delay. Continue to drink plenty of clear liquids, including warm beverages up to 4 hours before your procedure. If you still do not have a bowel movement in 3 hours, please call the on-call physician at 770-719-3240. Absolutely nothing to drink, including water, ice chips, gum, mints, etc. 4 hours before your procedure.
- 11. Do I really have to wake up 6 hours before my procedure to drink the second dose of the laxative solution? Why can't I just drink it all before I go to bed?** Overnight, contents of the small intestines moved into the large

intestines. The second dose of prep cleans out the large intestines, once again, allowing the best visualization of your colon for the test.

- 12. My “bottom” is sore from having so many bowel movements during my “cleanout” period. What can I do?**
Frequent bowel movements and wiping can cause irritation and discomfort. It may be helpful to gently wipe or pat your bottom dry or using a baby wipe to clean.
- 13. Why does someone have to come with me and stay in the waiting room while I have the procedure? Why can’t they just drop me off and drive me home?** If an emergency occurs during the procedure, we will have an immediate contact person available with whom the physician may consult. It is a Georgia State Standard and a Summit Endoscopy Center policy that a patient be discharged in the company of a responsible adult. The procedure will not be performed if your driver is not available in the waiting room or leaves the waiting room.
- 14. What should I bring with me to the endoscopy center?**
 - A driver who will remain in the waiting room while the procedure is being performed
 - Insurance card, identification and form of payment
 - Case for contact lens, if worn
 - Rescue inhaler if you have asthma or emphysema
 - Wear loose-fitting comfortable clothes and low-heeled shoes
 - Do not wear body lotion, perfume or body jewelry (tongue, nose, belly button, etc.)
 - Wedding bands/rings are acceptable
- 15. What happens if I forget to stop taking aspirin, anti-coagulants or blood thinners?** Stop taking them immediately. If your procedure is the next day, please call back and speak with the on-call physician.
- 16. How long does the procedure last?** Expect to be at the center for 1 ½ to 2 hours. However, the procedure time will be much shorter. Procedures are usually 15-30 minutes long.
- 17. Will I experience pain during the procedure?** No. With our modern anesthetics, your exam will be painless. Sedatives will be administered through an intravenous catheter (IV) to keep you comfortable and asleep. Of course, you will not be able to work or drive the rest of the day.
- 18. Will I experience pain after the procedure?** After an upper procedure (EGD) you may experience a mild sore throat which is temporary and promptly responds to warm saline gargles. With the colonoscopy you may feel some slight abdominal cramping or a sensation of gas, but this is temporary. Passing the air will alleviate the discomfort.
- 19. When will I be able to eat or drink after the test?** You will not be given any food or drink in the recovery area because of the short recovery time. After you leave the recovery area you may eat and drink. Go slow and don’t try to make up for the missed meals all at once. We recommend that you avoid drinking alcoholic drinks until the day after the procedure. The medication used for sedation should not be mixed with alcohol.
- 20. I have obstructive sleep apnea and sleep with CPAP machine. Should I bring my CPAP or bite guard with me?**
No, we will be able to manage your airway while you are asleep during your procedure without the CPAP machine.