

Frequently Asked Questions

Do I Need to Arrange for Transportation?

Yes. Please arrange transportation with an escort over the age of 18 that you trust to receive your discharge instructions. All patients will be required to have an escort, as you cannot drive, take a taxi, Uber, or Lyft without an escort.

What Should I Wear?

- Wear comfortable, loose fitting clothing that is easy to step into.
- Wear flat shoes.
- Do not wear jewelry or bring any valuables.
- You may wear makeup, but no fragrances or body lotions.
- You may wear contact lenses if you are able to take a 60-minute nap with your contacts in place.

How Long Will It Take?

- Every effort will be made to keep your appointment at the scheduled time. Please keep in mind unexpected delays and emergencies may occur and wait times may be prolonged as we give each patient the attention needed for their individual procedure.
- The time between arrival until you leave is approximately 2 hours.

Is it normal to have diarrhea and cramping during the bowel prep?

- Yes, that is normal. Bloating, abdominal discomfort, nausea, cramping and diarrhea could happen at any point during the bowel prep process.

What can I do if I'm worried about being nauseated during the bowel prep?

- Please call the office and request a prescription for an anti-nausea medication.

How long until the bowel prep starts working?

- It varies from person to person. Some people begin to have multiple urgent bowel movements within 30 minutes, and for others it may take 6 hours to have a bowel movement.

What if I feel nauseated during the prep?

- Feelings of nausea, bloating, or chills are common during the bowel prep process. These feelings are temporary and tend to improve after bowel movements begin.
- If the nausea is significant, STOP the prep for 30-60 minutes.
- Restart the prep when your nausea subsides and drink the remaining prep at a slower pace. This may mean you are awake later into the night doing the prep, but that is better than vomiting and losing any progress you have made.

What if I have taken all the prep and my stools are still formed/solid with only 2 hours to go before I have to leave for my procedure?

- You may use a saline enema or warm tap water enema to help clear out the residual stool. These items may be purchased at Walgreens, CVS, Walmart, or Target.

How can I prevent irritation around the anal area?

- Consider purchasing baby wipes with aloe for wiping, and/or the softest toilet paper you can find.
- Pat yourself clean with toilet paper/baby wipe instead of wiping.
- You may apply a petroleum-based product such as Vaseline or diaper rash ointment to the affected area and nearby skin to reduce discomfort.
- If you have a history of discomfort from hemorrhoids, buy some Preparation H or Tucks pads to use as well.