

MGI
FREQUENTLY ASKED QUESTIONS ABOUT COLONOSCOPY

- Q. Do I need someone to remain with me at the facility when I have my procedure?**
A. You must have a responsible driving adult bring you to your appointment, stay during your procedure and then drive you home afterwards. This is the policy of the facility. Your procedure will be cancelled if you do not have a driver.
- Q. Why can't I drive myself home?**
A. You are considered legally impaired due to the sedation you receive during your procedure. Your reflexes are affected by the sedation.
- Q. Is public transportation allowed?**
A. Public transportation is allowed only if another responsible adult (18 years or older) is with you.
- Q. Who do I call if I need to cancel my procedure?**
A. Please call the physician's office and not the facility where you have been scheduled at to avoid being charged a "no show" fee. We request that you give 3 business days notice to allow time to fill that vacant spot in the doctor's schedule as these appointments are usually scheduled weeks in advance. Our number is 332-1200.
- Q. Who do I call if I have questions regarding my colon prep?**
A. Please call the physician's office between 8:30 a.m. and 4:30 p.m. at the above-mentioned phone numbers.
- Q. Can I have my procedure if I have a latex allergy?**
A. Yes. You may need to be scheduled as the first patient of the day depending on the type of allergic reaction you have. You must have a contact reaction rather than a respiratory reaction if you are scheduled somewhere other than a hospital. Please make sure you have notified this office so your needs can be met accordingly.
- Q. Why do I have to arrive 60 to 90 minutes prior to my procedure?**
A. This time is needed for the endoscopy nurses to prepare you for your procedure. An IV will be started before your procedure. You will be introduced to the anesthesiologist and physician performing your procedure.
- Q. Will I sleep during my procedure?**
A. Anesthesia will be administered through your IV. You will sleep during your procedure.
- Q. Will I have any pain after my procedure?**
A. You may have some gas or mild cramping after your colonoscopy. It should subside in a few hours.
- Q. Do I need to bring my driver's license and insurance cards with me?**
A. Yes. The facility will need to make a copy of your insurance cards and a pictured I.D.

Q. Will my procedure be covered by my insurance?

A. At the time of scheduling, our scheduling department can inform you if we participate with your insurance carrier. It is the responsibility of the patient to know what your actual insurance benefits are, as they are individually based on your employee plan. We will provide you with all the necessary codes needed to verify your own coverage. There is a number on your insurance card that you will need to call prior to having your procedure done if you have concerns about the coverage. If you need an authorization or a precertification, we will initiate that for you at the time of scheduling. Your primary care doctor is responsible for doing your authorization. We will notify them of your date of service, but you may want to follow up with them to make sure it has been completed. If you have Medicare, you need to refer to the basic Medicare guidelines for information on your coverage.

Q. Can I drink cola on the day before my procedure?

A. Yes, you can drink clear soft drinks such as Coke, Pepsi, 7UP, Gingerale or Vernors. Avoid Squirt because it is cloudy. Diet sodas listed above are also allowed.

Q. Are popsicles and jello considered clear liquid?

A. Yes. We ask that you avoid anything red, blue or purple in color.

Q. Can I drink orange juice or cranberry juice?

A. No. Orange juice is not a clear liquid and cranberry juice is usually red.

Q. Can I drink cherry flavored magnesium citrate?

A. No. Please purchase clear-colored magnesium citrate (citrus or lemon-lime flavor is okay.)

Q. Can I drink cherry-flavored oral electrolyte bowel prep?

A. Yes. Your script may be for GoLyte, NuLyte, CoLyte, TriLyte, HalfLyte or Movi Prep. These are different brand names for the same medication. Some come with flavor packets. You can choose any flavor that is provided with your prep. Follow the instructions provided by this office.

Q. I didn't get a script for my bowel prep.

A. Review your instructions. Not all preps require a prescription. You can purchase what you need over the counter as directed in your information.

Q. Can I drink flavors of Ensure, Boost or Glucerna?

A. You can drink vanilla or butter pecan. Avoid chocolate and strawberry.

Q. Can I drink Slim Fast?

A. No. Slim Fast is more of a dietary drink and we prefer Ensure, Boost or Glucerna during the time of preparation.

Q. If irritation occurs from having frequent stools caused by laxative prep, what can I use?

A. Please purchase over-the-counter Desitin ointment, A&D ointment or Vaseline ointment.

Q. How long will my procedure take?

A. An EGD takes approximately 15 minutes, a colonoscopy takes about 30 minutes and a double procedure averages about 45 minutes. You are usually at the facility from check-in to check-out 2½ to 3 hours.

Q. What if I vomit while drinking my prep?

A. Try drinking warm water or a clear liquid. Try sucking on a mint candy. It may be necessary to repeat the prep if there is no laxative effect within 3 hours. If you are still unable to tolerate the prep, call the physician's office or answering service if it is after hours.

Q. What if I take my colon prep and it doesn't work?

A. If there is no laxative effect within 3 hours, follow up with a bottle of magnesium citrate (purchased over the counter in the laxative aisle). *If you have any kind of kidney or cardiac disease or failure, please do not take magnesium citrate. You will need to purchase two Fleet enemas over the counter.* If this does not work, call the physician's office or answering service.

Q. Any helpful suggestion to drinking the colon prep?

A. Try rubbing an ice cube over your tongue just prior to drinking the prep. Try drinking the prep through a straw. Suck on hard candy such as peppermints or jolly ranchers (no red, blue or purple colors). You may also eat a popsicle prior (no red, blue or purple).

Q. Can I take daily diuretics on the day of my procedure?

A. Do not take diuretic pills on the day of your procedure.

Q. Can I use my inhaler the day of the procedure?

A. Yes. Bring your rescue inhalers with you to the facility as well.

Q. Do I need to reschedule my procedure if I am on my period?

A. No. Using tampons during the procedure is preferable.

Q. Can I eat something if my blood sugar starts to drop while I'm on the clear-liquid diet?

A. No. You need to avoid solid foods. Drink clear juice, Ensure or Boost to increase your blood sugar. You can suck on a hard candy the day before the procedure only. Remember to follow the diabetic instructions provided to you on your instruction form.

Q. Can I have an EGD if I have a sore throat?

A. Generally, yes, but call the physician's office if you have questions or concerns.

Q. Can I have my procedure if I have a cold or fever?

A. Yes. Please inform the office if your temperature is greater than 100 degrees. If you are experiencing any chest congestion or difficulty breathing, you may need to reschedule.

Q. Can I drink coffee?

A. Yes. Coffee is considered a clear liquid. Please avoid milk or liquid dairy creamer. Sugar is okay. Powdered creamer is okay.

If you have further questions, please call our office. We strive to give you the most positive experience possible.