

## FAQ'S

### **Q. How long does the procedure take?**

On average a colonoscopy takes 30 minutes, an EGD 5-10 minutes and both procedures combined 45 minutes. In addition there is a minimum recovery room requirement of 30 minutes. You should expect to here a total of 3 hours.

*\*Please note: Patients having liver biopsies should expect to be here for 3-5 hours.*

### **Q. Why do I need someone to drive me home?**

If you are receiving sedation you will not be able to drive until the following morning. All patients receiving sedation must have a responsible driver accompany them on the day of the procedure.

### **Q. Why can't I eat seeds, nuts or corn one week prior to my colonoscopy?**

Seeds, nuts and corn are very difficult to clean out of your colon even with an optimal prep. The better we can visualize your colon, the better exam.

### **Q. When must I stop drinking fluids?**

Your Anesthesiologist at MDTEC requires you to stop drinking 4 hours before your test(s). However, you may take medications with a very small sip of water up to 2 hours before your procedure.

*\*Please note: Anne Arundel Medical Center requires nothing by mouth after midnight for both procedures. AAMC afternoon cases should have nothing by mouth 8 hrs prior to the scheduled procedure(s).*

### **Q. Should I stop my blood pressure and other medicines?**

Continue to take your blood pressure medicine as directed, including the day of the procedure. Please refer back to the printed instructions regarding blood thinners, diabetic drugs, and other prescription and non-prescription drugs. Contact the pre-op nurse with any questions.

### **Q. Help! What tips are available for drinking the prep?**

If taste is the issue, try sipping the solution through a straw or add non red-colored Crystal Light sugar-free flavoring to the product. Avoid sugared additives since this will reduce the effectiveness of your prep product. Chilling the prep solution may also improve its palatability.

If the amount of volume of the prep is the problem, start drinking it earlier and at a slower pace so the entire prep can be consumed.

If nauseated or vomiting, take a 30-60 minute break then restart the prep. Also, rinsing with mouthwash, chewing gum, or sucking on a piece of candy may help improve your prep tolerance.

**Q. Can I stop drinking the prep once my stools become clear or yellow?**

No. Many patients make the mistake of stopping too soon. Not finishing the prep often results in poor results, which in turn adversely affect the quality of your colonoscopy exam.

**Q. Can I still have the test if I am having my period?**

Yes

**Q. Can I still have the test if I have a cold or fever?**

Please call our pre-op nurse for further advisement.