

Central Vermont Medical Center

Eduards G. Ziedins, M.D., F.A.C.S.

Email: CVMC.ENT.GenSurg@uvmhealth.org

Sarah J. Lomas, M.D., F.A.C.S.

Phone: (802) 225-7075 Fax: (802) 225-7104

COLONOSCOPY PREPERATION INSTRUCTIONS

Frequently Asked Questions



1. I'm nauseated, what do I do?
 - Many people will have nausea and even vomit during preparation for the colonoscopy due to the poor taste of Golytely (or equivalent) and/or the large volume required to clean the bowels. The taste can be 'improved' by adding the accompanying flavor packets or mixing the prep with Crystal Light flavoring. The volume of the preparation cannot be reduced. If you do have severe nausea or vomit, do not drink any prep for approximately 30 minutes, then resume at the usual rate. Often times, this will provide enough time for the stomach to empty and permit you to finish. Keep at it. It's tough, but you can do it.
2. Stool is clear, can I stop now?
 - No. The intestines are >25 feet long. We are attempting to clean out the colon, which means it is necessary to flush out everything above the colon (stomach and small intestine). It is common to have material in the lower intestine or colon flush through initially, and hours later the material from the upper intestine is cleared. In addition, as you sleep material accumulates, cells slough off the surface and thick mucus produced which needs to be cleared in the morning to ensure an adequate prep. **If the colon is not completely cleaned, the procedure may be cancelled and rescheduled**, so it's important to take the entire prep.
3. Nothing is happening, what now?
 - Keep going. In some people, the action of the prep can be delayed (even for several hours). Just keep drinking. Eventually, the preparation will begin working.
4. Can I take my daily aspirin?
 - Yes, if your doctor has prescribed daily aspirin, you may take it without concern. Aspirin is not a restricted medication.