

### Overview

A good bowel preparation prior to colonoscopy is key to ensuring your gastroenterologist will be able to find and safely remove polyps. Removing colon polyps at an early stage (called an “adenoma”) reduces your life-time risk of developing colon cancer. If the colon is not fully clean, it makes both detection and removal of polyps difficult, and results in an inadequate and risky procedure. If your bowel preparation is not adequate, you will have to repeat a more aggressive version of the bowel preparation so that your gastroenterologist can try again.

#### Poor prep can result from....

- History of having a poor colon prep for prior colonoscopy
- Medication side effects (especially calcium channel blockers and opiates)
- Obesity
- Diabetes
- Male Sex
- Age >66 years old
- History of colon resection

### Types of bowel prep:

There are many type of colon preps available on the market. Your doctor will prescribe the prep that is best for you. Regardless of the type of preparation, it is very important to continue hydrating before, during and after your bowel preparation, as the preparation can lead to dehydration.

You will be given clear written instructions guiding you through your colonoscopy preparation, including foods to avoid in the days leading up to your procedure, when to switch to an all-liquid diet, and other helpful tips leading up to your colonoscopy.

If you have a particular question about your colonoscopy prep, please call the office at 718-745-0623 and we will be happy to answer any questions you may have.

### Medications:

If you are on certain medications (diabetes medications or blood thinning medications) please let your doctor know so that they can either counsel you on which medications to continue or discontinue, or have you speak with your specialist (endocrinologist, cardiologist) who may manage these medications for you.

### Medical clearance:

In certain cases it may be necessary for a cardiologist to provide medical clearance prior to a procedure. If this is the case, we will make you aware that we will contact your cardiologist on your behalf to obtain this clearance. If you have not had a recent appointment with your cardiologist, you may have to make an appointment for an office visit to have a full evaluation prior to your planned endoscopic procedure.