

Private ~ Safe ~ Gentle ~ Comfortable

What to Expect During Hydro Colonic Lavage Bowel Preparation “hydro prep”

Upon admission to the Endoscopy Department:

- A Registered Nurse will assist you to comfortably prepare for hydro prep and all of your questions will be answered.
- Hydro colonic lavage is gentle, safe and controlled, and does not require sedation.
- Your nurse will maintain your comfort and, above all, privacy and dignity at all times.
- Soft music is provided, or you can bring your own CD or headphones.
- Once relaxed, warm filtered water is slowly introduced into your colon and emptied through the completely closed system maintaining your dignity and comfort.
- Your nurse will repeat a series of slow fills combined with expert technique and gentle abdominal massage to ensure success of a clean colon, and promote comfort.
- The hydro prep session will take approximately 45 minutes.
- Immediately following the hydro colonic lavage you will be escorted to the GI department for your colonoscopy exam.

Please allow 3 ½ hours for the entire process, from front desk admission to discharge following your colonoscopy.

If you are experiencing any of the following, please contact your Primary Health Care Provider to discuss if lavage method bowel preparation is an option for you:

- Severe thrombosed hemorrhoids
- Active Inflammatory Bowel Disease (IBD)
- Inability to comprehend or communicate i.e., dementia, severe psychiatric disorder, severe stroke
- Poor sphincter tone or prolapsed rectum
- Pregnancy
- Recent colon/rectal surgery (within 6 months)
- GI obstruction/perforation
- Active cancer of the colon/rectum
- Fissures/fistulas
- Large abdominal hernia
- Severe cardiac disease
- Severe hypertension or Congestive Heart Failure
- Severe Stroke (inability to communicate or physically move)
- Aneurysm (AAA)

If you have any concerns, questions, or you would like to discuss your candidacy for the hydro prep, please call our office.

Thank you for choosing our facility and the hydro colonic lavage as your colonoscopy preparation. We look forward to making your experience comfortable, respectful, and as effortless as possible.
