

Mayo Clinic Minute: Prepare for colon cancer screening with confidence

Video	Audio
	Before a colonoscopy, your doctor may ask you to do certain things in order to clean out or empty your colon.
James East, M.D. Gastroenterology Mayo Clinic Healthcare in London	"Colonoscopy prep is a difficult thing and it probably nowadays is the thing that patients like least about having a colonoscopy."
	Dr. James East, a gastroenterologist at Mayo Clinic Healthcare in London, says patients will be asked to take a liquid laxative prior to their appointment.
	"Many of the preps now come as a bit quite high volume. There may be 2 liters or sometimes even 4 liters to drink.
	A few tricks to help it go down a little easier are to pre-mix it and let it get nice and cold in the fridge.
	"If you put some clear citrus stuff in it, it makes it a bit more palatable."
	Your doctor may ask you to use the laxative prep both the night before and the morning of your colonoscopy, which can be tough for some patients. However, it's important to remember ...
	"... this is your once in 10 years examination to try and find the polyps that are going to turn into bowel cancer. If your doctor asks you to split the dose and get up early, this is one of those times an early start is needed."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.