Getting the most from your colonoscopy.

A careful exam. A clear plan.
Use these questions with your care team.

01 Ask about training and exam quality.

Ask about specialized training and how the practice tracks each doctor's detection of precancerous polyps and completion of the exam. No test finds every polyp.[1]

"If a polyp is difficult to remove, how will treatment be arranged?"

02 Prepare for a clear view and a safe visit.

Follow your team's exact diet, bowel-prep and fasting instructions. Ask when to take each dose. Call if you cannot finish, or if a previous prep did not work well.[2,3]

Review all medicines, supplements and health conditions with the team. Get specific medication instructions; do not change medicines on your own. Arrange a ride home if you will receive sedation.[3]

03 Get the results. Know what comes next.

Ask whether the colon was fully examined and the view was clear. Confirm how and when you will receive polyp or biopsy results, and call if they do not arrive.[1,3]

"When is my next exam, and does anything need further treatment?"

WHAT ABOUT AI?

Artificial intelligence (AI) can help doctors find more precancerous polyps in some studies; results vary. It is an extra tool, not a substitute for a careful exam and good preparation. Ask whether it is used.[1]

After the exam: follow your discharge instructions. Seek medical care right away for severe belly pain, fever, bleeding that persists or worsens, dizziness or weakness.[3]

Read more. Bring your questions.

ColonoscopyFirst.org / Colonoscopy Quality

1. ASGE/ACG. Quality indicators for colonoscopy, 2024.
2. U.S. Multi-Society Task Force. Bowel preparation guidance, 2025.
3. NIDDK: Colonoscopy. Education only; follow your own care team's instructions.