



New cleansing method cuts Colonoscopy prep time

by News Channel 8's Jocelyn Maminta
Posted Feb. 1, 2008
4:15 PM

(WTNH) _ Colonoscopy, it's a screening critical to preventing colon cancer, but some people avoid it because of the cleansing process.

Now, there's a new choice and Danbury hospital is the first in Connecticut to offer the more convenient and tolerable alternative.

During a Colonoscopy, Gastroenterologist Dr. Marvin Prince keeps a close eye on the screen for colon cancer.

Kevin Narus is a patient undergoing the screening for the second time and he said getting ready that first time was no picnic. "With the fasting the day before, the phosphorus soda and there's a lot of toilet time," Narus said.

This time however, preparing for a Colonoscopy, was a lot more convenient and soothing. Thanks to colon hydrotherapy, Narus was getting his system cleansed just 45 minutes before his screening, while listening to music and lying comfortably.

"The machine infuses warm filtered water throughout the colon and there's a therapist who massages the abdomen and cleanse the colon," Dr. Joseph Fiorito of Danbury Hospital said.

Dr. Fiorito says its all about removing the roadblocks to having a Colonoscopy. "Colon cancer starts in a small little polyp and so if we can go in and get those polyps you'd never get colon cancer," he said.

Now a two day process, is basically down to two hours. "You fill up with this warm water which is very soothing," Narus said.

Dr. Fiorito said flushing water in and out is a viable alternative to liquid laxatives that can cause a lot of discomfort the night before, especially for the elderly.

"Some of the preparations have resulted in kidney damage, kidney failure in the elderly, electrolyte abnormalities, so there is some danger in some of these preparations for these patients," said Fiorito.

With a hospital study showing that hydrotherapy as good or better doctors are encouraged more people will undergo a Colonoscopy, in the fight against colon cancer, which is the third leading cause of cancer deaths.