

# Certified Gastroenterology Registered Nurse Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. Which of the following is NOT a classification of drugs used to treat inflammatory bowel disease?**
  - A. Corticosteroids**
  - B. Antibiotics**
  - C. Immunomodulators**
  - D. Antihistamines**
  
- 2. Phytobezoars are primarily made up of what type of material?**
  - A. Animal fat**
  - B. Plant and vegetable material**
  - C. Mineral deposits**
  - D. Fungal spores**
  
- 3. In Osler-Weber-Rendu syndrome, arteriovenous malformations (AVMs) are primarily found in which organ?**
  - A. Heart**
  - B. Lungs**
  - C. GI tract**
  - D. Kidneys**
  
- 4. Which enzyme primarily assists in breaking down amino acid bonds of protein?**
  - A. Trypsin**
  - B. Chymotrypsin**
  - C. Catalase**
  - D. Pepsin**
  
- 5. Which of the following describes the steps of a physical examination?**
  - A. Inspection, palpation, assessment, and diagnosis**
  - B. Inspection, palpation, percussion, and auscultation**
  - C. Inspection, diagnosis, intervention, and auscultation**
  - D. Observation, inquiry, palpation, and documentation**

- 6. What is the first step in a quality process in healthcare?**
- A. Identify the problem**
  - B. Develop solutions**
  - C. Implement changes**
  - D. Evaluate outcomes**
- 7. What term describes the presence of stones in the common hepatic duct?**
- A. Cirrhosis**
  - B. Choledocholithiasis**
  - C. Cholelithiasis**
  - D. Cholesterol stones**
- 8. What agency is responsible for regulating liquid chemical disinfectants for medical devices?**
- A. Food and Drug Administration**
  - B. Environmental Protection Agency**
  - C. Centers for Disease Control and Prevention**
  - D. National Institutes of Health**
- 9. Familial Adenomatous Polyposis is characterized by what?**
- A. Multiple duodenal ulcers**
  - B. 100s to 1000s of adenomatous colonic polyps**
  - C. Celiac disease symptoms**
  - D. Chronic Hepatitis**
- 10. Which of the following is a principle referred to as the "Drug Administration Rights"?**
- A. Right drug, time, dose, patient, and route**
  - B. Safe disposal, secure storage, correct handling, comprehensive documentation**
  - C. Parental consent, monitoring, education, and follow-up**
  - D. Preparation, administration, disposal, and record-keeping**

## **Answers**

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1. D
2. B
3. C
4. A
5. B
6. A
7. B
8. B
9. B
10. A

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## **Explanations**

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**1. Which of the following is NOT a classification of drugs used to treat inflammatory bowel disease?**

- A. Corticosteroids**
- B. Antibiotics**
- C. Immunomodulators**
- D. Antihistamines**

Antihistamines are not typically classified as a treatment for inflammatory bowel disease (IBD), which primarily includes conditions such as Crohn's disease and ulcerative colitis. The mainstay treatments for IBD focus on reducing inflammation and managing immune responses rather than targeting histamine pathways. Corticosteroids are crucial in providing immediate relief from inflammation due to their potent anti-inflammatory properties. They are frequently used for flares of IBD. Antibiotics may also play a role in IBD management, especially when infections are suspected or in certain cases of exacerbations. They can help address secondary complications like abscesses or bacterial overgrowth. Immunomodulators are another important category, designed to modify the immune system's response to prevent further inflammation and maintain remission in patients suffering from IBD. By decreasing the activity of the immune system, they help in controlling the disease more effectively. In summary, while corticosteroids, antibiotics, and immunomodulators are integral to treating inflammatory bowel diseases, antihistamines do not play a relevant role in this context.

**2. Phytobezoars are primarily made up of what type of material?**

- A. Animal fat**
- B. Plant and vegetable material**
- C. Mineral deposits**
- D. Fungal spores**

Phytobezoars are primarily formed from plant and vegetable material, which is why the correct answer is plant and vegetable material. These bezoars are a type of gastrointestinal obstruction that occurs when undigested plant material, such as fibrous fruits, vegetables, or seeds, accumulates in the digestive tract, particularly the stomach. The fibrous structures of plants are difficult for the stomach to break down, especially in individuals with decreased gastric motility or underlying gastrointestinal disorders, leading to the formation of these hard masses. In contrast, the other options do not accurately describe the composition of phytobezoars. Animal fat is not a contributing factor, as it pertains to a different type of substance entirely. Mineral deposits do not participate in the formation of phytobezoars, which are specifically related to organic plant material. Finally, fungal spores, while they can be present in various contexts related to gastrointestinal health, are not a component of phytobezoars. Understanding the nature of these bezoars is essential in gastroenterology, considering their potential for causing obstruction and requiring management or intervention.

**3. In Osler-Weber-Rendu syndrome, arteriovenous malformations (AVMs) are primarily found in which organ?**

- A. Heart**
- B. Lungs**
- C. GI tract**
- D. Kidneys**

In Osler-Weber-Rendu syndrome, also known as hereditary hemorrhagic telangiectasia, arteriovenous malformations (AVMs) are most commonly associated with the gastrointestinal tract. This condition is characterized by the presence of abnormal blood vessel formations which can lead to significant complications, including recurrent bleeding. The gastrointestinal manifestations typically involve the mucosal surface of the gastrointestinal tract, particularly the stomach and intestines, where AVMs can cause chronic bleeding and iron-deficiency anemia. These lesions can present with gastrointestinal bleeding that may be occult (not visible) or manifest as hematochezia (blood in the stool) or melena (dark stools indicating upper GI bleeding). In terms of identifying the primary site of AVMs in this syndrome, the gastrointestinal tract is notably the most affected organ compared to the heart, lungs, and kidneys, which may also have AVMs but are not the primary sites of complication. Understanding the prevalence of AVMs in the gastrointestinal system helps in managing the associated risks and planning appropriate surveillance and treatment strategies for affected patients.

**4. Which enzyme primarily assists in breaking down amino acid bonds of protein?**

- A. Trypsin**
- B. Chymotrypsin**
- C. Catalase**
- D. Pepsin**

Trypsin is a crucial enzyme involved in the digestion of proteins in the small intestine. It is produced in the pancreas and released into the small intestine, where it continues the process of breaking down proteins into smaller peptides. Trypsin specifically acts on peptide bonds, particularly at the carboxyl side of lysine and arginine amino acids. In the digestive process, trypsin is activated from its inactive precursor, trypsinogen, by an enzyme called enteropeptidase. Once activated, trypsin not only digests proteins but also activates other proteolytic enzymes, including chymotrypsin and carboxypeptidase, thereby playing a key role in protein metabolism. This enzymatic action is essential for protein digestion and absorption, ensuring that amino acids are available for various bodily functions, including synthesis of new proteins, hormones, and neurotransmitters. Understanding the specific role of trypsin in the digestive process helps in recognizing how the body efficiently utilizes dietary proteins.

**5. Which of the following describes the steps of a physical examination?**

- A. Inspection, palpation, assessment, and diagnosis**
- B. Inspection, palpation, percussion, and auscultation**
- C. Inspection, diagnosis, intervention, and auscultation**
- D. Observation, inquiry, palpation, and documentation**

The sequence of a physical examination is best represented by inspection, palpation, percussion, and auscultation. This systematic approach allows a healthcare provider to gather comprehensive data about a patient's health status. Inspection is the initial step, where the nurse observes the patient's overall appearance and any specific areas of concern. Following this, palpation involves using touch to assess the size, consistency, and tenderness of organs or masses, which provides crucial tactile information. Percussion involves tapping on the body surface to evaluate the size, consistency, and borders of body organs, and it also helps to identify fluid or air in specific body cavities. Finally, auscultation is the process of listening to the sounds made by internal organs, primarily using a stethoscope, which provides valuable insight into the function of the heart, lungs, and intestines. This systematic approach is essential in gastroenterology, where a thorough and accurate examination can lead to early diagnosis and effective management of gastrointestinal disorders.

**6. What is the first step in a quality process in healthcare?**

- A. Identify the problem**
- B. Develop solutions**
- C. Implement changes**
- D. Evaluate outcomes**

The first step in a quality process in healthcare involves identifying the problem. This crucial initial phase sets the foundation for any quality improvement initiative. It is essential to thoroughly understand the issue at hand before moving on to developing potential solutions or implementing changes. By accurately identifying the problem, healthcare professionals can ensure they are addressing the right concerns and can gather the necessary data to support their analysis. This process often includes collecting feedback from staff, reviewing patient outcomes, and analyzing existing workflows to pinpoint specific areas requiring improvement. Once the problem is clearly defined, it guides the subsequent steps, such as developing solutions, implementing changes, and finally evaluating outcomes to determine the effectiveness of those changes. Without this initial identification, efforts may be misdirected, potentially leading to ineffective solutions or exacerbating existing issues.

**7. What term describes the presence of stones in the common hepatic duct?**

- A. Cirrhosis**
- B. Choledocholithiasis**
- C. Cholelithiasis**
- D. Cholesterol stones**

The term that accurately describes the presence of stones in the common hepatic duct is choledocholithiasis. This condition specifically refers to the formation of gallstones within the bile ducts, particularly the common bile duct, which includes the common hepatic duct. It can lead to complications such as obstruction, infection, or pancreatitis if not addressed promptly. Cirrhosis is a chronic liver disease characterized by the replacement of healthy liver tissue with scar tissue, which does not pertain to the presence of stones. Cholelithiasis refers to the presence of stones in the gallbladder, while cholesterol stones specifically refer to a type of gallstone made primarily of hardened cholesterol. Neither of these terms aligns with the condition of stones located in the common hepatic duct. Thus, choledocholithiasis is the most accurate descriptor for stones present in that specific anatomical location.

**8. What agency is responsible for regulating liquid chemical disinfectants for medical devices?**

- A. Food and Drug Administration**
- B. Environmental Protection Agency**
- C. Centers for Disease Control and Prevention**
- D. National Institutes of Health**

The correct answer is the Environmental Protection Agency (EPA). The EPA is specifically tasked with regulating the use of various chemical substances, including liquid chemical disinfectants used for medical devices. Their role involves ensuring that these disinfectants are safe and effective for their intended use, protecting both public health and the environment. In contrast, the Food and Drug Administration (FDA) primarily oversees the safety and efficacy of medical devices themselves, rather than the disinfectants used to clean them. The Centers for Disease Control and Prevention (CDC) provides guidelines and recommendations related to infection control practices but does not have regulatory authority over disinfectants. The National Institutes of Health (NIH) focuses on biomedical research and does not engage in the regulation of disinfectants or medical devices. Thus, the EPA is the appropriate agency when it comes to the regulation of liquid chemical disinfectants specifically.

**9. Familial Adenomatous Polyposis is characterized by what?**

- A. Multiple duodenal ulcers**
- B. 100s to 1000s of adenomatous colonic polyps**
- C. Celiac disease symptoms**
- D. Chronic Hepatitis**

Familial Adenomatous Polyposis (FAP) is primarily characterized by the presence of hundreds to thousands of adenomatous polyps in the colon and rectum. This genetic condition is caused by mutations in the APC gene and typically leads to a near 100% risk of developing colorectal cancer if left untreated. The polyps usually begin to appear during adolescence or early adulthood, and their number can significantly increase over time. The other options describe conditions that do not align with the defining characteristics of Familial Adenomatous Polyposis. For example, multiple duodenal ulcers are associated with other conditions such as Zollinger-Ellison syndrome or peptic ulcer disease, and celiac disease symptoms pertain to an autoimmune condition affecting the intestine, which is unrelated to FAP. Chronic hepatitis relates to liver inflammation and does not involve polyp formation in the colon. Thus, acknowledging the presence of numerous adenomatous polyps is crucial for the diagnosis and management of this hereditary syndrome.

**10. Which of the following is a principle referred to as the "Drug Administration Rights"?**

- A. Right drug, time, dose, patient, and route**
- B. Safe disposal, secure storage, correct handling, comprehensive documentation**
- C. Parental consent, monitoring, education, and follow-up**
- D. Preparation, administration, disposal, and record-keeping**

The principle referred to as the "Drug Administration Rights" encompasses a specific set of guidelines aimed at ensuring the safe and effective delivery of medications to patients. The correct answer identifies the essential components of medication administration: the right drug, time, dose, patient, and route. Each component is crucial for preventing medication errors and ensuring patient safety. Administering the right drug ensures that the patient receives the correct medication for their condition, while timing is vital to maintain therapeutic drug levels and efficacy. The right dose minimizes the risk of underdosing or overdosing, which can lead to ineffective treatment or adverse effects. Identifying the right patient is essential to avoid medication errors, particularly in settings where multiple patients are present. Lastly, the right route of administration (whether oral, intravenous, intramuscular, etc.) is necessary to ensure the medication's effectiveness and appropriate absorption. In contrast, the other options focus on various aspects of medication management and patient care but do not encapsulate the specific drug administration rights. They pertain to broader practices surrounding medication safety and management rather than the fundamental principles directly related to administering medications.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://gastroenterology-registerednurse.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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