

FAQ

Frequently Asked Questions

Before the Procedure Prep Related Questions:

Q. Is there anyway I can make this taste better?

A. You can try sucking on hard candy, or you can rinse your mouth with water, mouthwash or any other beverage on the Clear Liquid Diet.

Q. Why should I avoid red liquids?

A. The red color can stay in the colon and potentially look like blood.

Q. One of the medications I was instructed to take the morning of my procedure is red, is it OK to take it?

A. Yes. Medications for blood pressure, heart medications and seizures should be taken the morning of your procedure regardless of their color.

Q. I feel like vomiting and don't think I can drink any more. What should I do?

A. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. Walking and other activities usually decrease nausea. Some patients prefer to remove the prep from the refrigerator a half-hour before they are scheduled to start drinking it. If you do vomit or feel nauseated, wait 45 minutes and begin drinking the solution again. If not improved, please call us.

Q. I drank most of the solution but have not gone to the bathroom yet. What should I do?

A. Most people have a bowel movement after an hour some patients take 2 hours or longer. If you feel bloated or nauseated, wait 30-45 minutes and resume drinking the solution. If you still have not had a bowel movement after drinking all of the solution, call us for further instructions.

Q. Is the Prep the only liquid I need to drink prior to the procedure?

A. No, please drink an additional 4 to 8 glasses of liquids so you do not become dehydrated. The colon prep liquid is to clean out the colon; not to replace fluid loss.

Q. I am taking the prep and now have loose, watery stools. Do I still need to take the rest of the prep?

A. Yes, you may have solid stool higher in the colon that needs to be eliminated as well.

Q. I already have diarrhea before taking the prep, do I still have to take the laxative?

A. Yes, you must take the prep as directed by your doctor. Your colon is approximately 6 feet long, and your entire colon must be emptied for your physician to see it clearly.

Q. I see yellow color in the toilet bowl and a few flecks. What do I do?

A. If you drank the entire solution or if your last bowel movement was clear enough to see the bottom of the toilet, you should be fine. It is OK if you have some flecks of material. The yellow color is the

result of bile that normally colors the feces. This shouldn't interfere with the examination.

Q. My bottom is very sore. What can I do?

A. To clean the area, avoid rubbing, but gently pat with a wet washcloth. Apply Vaseline [™], Preparation H [™], or Desitin liberally.

Q. Is it OK to drink alcoholic beverages?

A. We strongly suggest you do not drink any alcoholic beverages prior to your procedure since they can cause dehydration, and some wines may thin your blood.

Q. Can I chew gum or suck candy?

A. Yes, but no hard candy with soft centers or anything with red colors

Q. Can I brush my teeth?

A. Yes

Q. Can I wear my dentures?

A. Yes, you may wear your dentures to the Endoscopy suite. However, you may be asked to remove them prior to the procedure.

Q. I have been instructed not to take anti-inflammatory or blood thinner medications several days before the procedure. What can I take for headaches and pain relief?

A. You may take Tylenol as directed.

Q. Can I have chicken soup?

A. You may have the broth, but no chicken, noodles or vegetables are allowed.

Q. Is it OK to have the colonoscopy during my menstrual cycle?

A. Yes, the procedure can still be performed. You may use a Tampon during the procedure.

Q. How can I find out when I am due for a follow-up procedure?

A. You will receive a reminder notice from our office 1-2 months prior to the time you should have your screening procedure. The notice will ask you to call our office to schedule the needed procedure. If you do not receive a notice when you feel you should or have any questions, it is always best to call the office and ask to speak to a Procedure Scheduler.

If you have any questions or problems, please call us at 481-4817, option 4.

After hours, call 481-4817 and ask to speak with the on-call doctor.