

FREQUENTLY ASKED QUESTIONS ABOUT YOUR COLONOSCOPY PREP

When does my clear liquid diet start? Can I have breakfast or lunch?

The clear liquid diet starts as soon as you get up in the morning before the prep. You may have NO solid food all day. You may have soups but only the broth, no noodles. Do not confine yourself to mealtimes to drink liquids, or you will get too hungry. Sip on fluids all day. There is no limit on the amount of clear liquids you can drink.

Is there any way to make the prep taste better?

If the taste bothers you, try drinking it with a straw placed far back on your tongue.

Why avoid red, orange and purple liquids?

The artificial dye can stain the lining of the colon and can look like blood or inflamed tissue.

Can I take my morning medications?

Please take any of the following medications you are on with a sip of water: Blood Pressure, Heart Medications, Anti-seizure Medications, Birth Control Pills and Prednisone. If you use eye drops for glaucoma be sure to take them on schedule. If you are on diabetes medications, bring them with you to the hospital/ surgery center to take with the snack you will have prior to discharge.

I feel like vomiting and do not think I can drink any more of the prep. What should I do?

It is important that you continue drinking the solution if at all possible. Without a clean bowel, the doctor will not be able to see inside your colon to complete the examination. If you feel like vomiting, or do vomit, wait 30 minutes and begin drinking the solution again. If you still cannot continue to drink it, call our office.

I already have diarrhea before taking the prep. Do I still need to do the whole prep?

Yes, you must take the prep as directed by your doctor. Your colon is approximately 6 feet long. The entire colon must be completely cleaned out for the doctor to get a good look.

I see yellow color and a few flecks of stool in the toilet. What do I do?

If you drank the entire prep and your last bowel movements were clear enough that you were able to see the bottom of the toilet, you should be fine. If your output is brown or you are still passing pieces of stool after completing the whole prep, call the office. If the office is closed report this to the nurse at the endoscopy unit as soon as you get there.

My bottom is sore. What can I do?

Try using a wet washcloth instead of toilet paper. Gently pat instead of rubbing. You can apply Vaseline, Preparation H, or Desitin if you have it.

Can I brush my teeth, or wear my dentures?

Yes you may brush your teeth. If you wear dentures you may be asked to remove them during the procedure.

Can I have a colonoscopy if I am on my period?

Yes, you may wear either a pad or a tampon.

What if I have a cold or cough?

If you have a fever, severe cough, or stomach flu, please call our office to reschedule. It is OK if you are on an antibiotic as long as you do not have a fever or are too ill to complete the prep.

On the day of my colonoscopy, how long will I be at the hospital/ surgery center?

Plan to be at the hospital/ surgery center 3-4 hours.