

Colonoscopy Prep

FAQ

Q: What are appropriate clear liquids?

A: Apple juice, Soda, Water, Black Coffee or Tea (No Milk or Cream), Clear Broth, Water-based popsicles, hard candy, Sports drinks, Jell-O . Must not contain red coloring.

Q: I ate seeds within the last 5 days. Do I need to reschedule?

A: No. Seeds and popcorn can lengthen the procedure time and obstruct the scope, but we will not cancel the test if you have eaten seeds.

Q: What are the differences between the different preps?

A: Many of the preps contain the same type of medication but in different formulas. The doctor will choose the prep that works best in your situation.

Q: I feel nauseated and bloated while drinking the prep. Is this normal?

A: This is common with any laxative preparations. Once the prep is finished, this should subside. Try slowing down the prep, chilling the prep, or adding a small amount of flavoring such as lemon/lime to help.

Q: I started vomiting and cannot complete my prep. What do I do?

A: If there is no vomiting of blood, no severe pain, and the vomiting has stopped, try to wait an hour, and then finish the prep if possible. The prep can be taken more slowly if necessary. Finishing all the prep must occur to get your colonoscopy performed.



Common Procedure Questions:

Q: Is it ok to take medications on the morning of the procedure?

A: We recommend that you take blood pressure, cardiac, rejection, anti-seizure, and other medications on the morning of your procedure or when you normally take them. **Diabetic patients should not take glucose lowering medications the day of their procedure and should frequently check blood sugars.**

Q: What should I do if my blood sugar is low?

A: You can have a small glass of apple juice or lemon/lime soda up to 2 hours before your procedure. Please alert Endoscopy team of low blood sugars on arrival.

Q: Can I have my colonoscopy while I am on my period?

A: Yes, your examination should not be compromised if it is performed during your menstrual period.

Q: How long will I be at the Endoscopy unit?

A: You should be prepared to remain in the Endoscopy unit for at least 4 hours. This includes your time in the waiting area, getting you ready, procedure time, and recovery time.

Q: Does my driver need to stay the whole time?

A: Yes, your driver is **required** to stay on Mercy campus the entire time. Your procedure will not be performed unless a driver is present.

Q: Will I be asleep for my procedure?

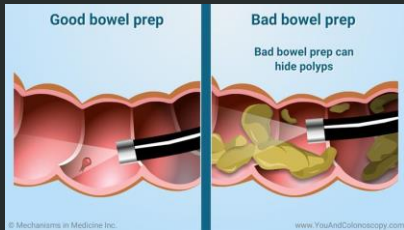
A: For most endoscopic procedures, you will be given sedation through an IV that will allow you to be relaxed, breathing on your own, and following commands. These medications produce a temporary amnesia like effect; therefore, you may not remember anything during or after the procedure.

Q: Is Endoscopy like surgery?

A: No. Even though endoscopic procedures are performed in rooms like operating rooms, they are not considered surgeries. There are no incisions made into your body and the procedures are performed with clean technique.

Q: Should I drink all the prep?

A: Yes, it is important to get the colon as clean as possible to ensure a quality test.



Q: I started the prep and noticed rectal bleeding. What should I do?

A: If there is small, bright red bleeding, it is likely from hemorrhoids or irritation from the prep. It is best to continue the prep and come in for your procedure. If there is a large amount of blood or the bleeding will not stop, report to the emergency department.

Q: Are my stools clear enough?

A: Your stools should resemble urine and contain nothing solid.



Q: I am not cleaned out for my colonoscopy. Should I reschedule?

A: If your stools are not clear, the physician will not be able to see polyps. If you cannot see through to the bottom of the toilet on the day of the colonoscopy, please contact the Endoscopy department for further instructions.

Q: What should I expect during my procedure?

A: We will place you on equipment that monitors your heartbeat, oxygenation, and blood pressure and give you nasal oxygen. You will be taken to the procedure room on a stretcher, where the physician will go over your consent form. You will be asked to roll onto your left side, and we will administer sedation through your IV. After you have been sedated, the physician will start the procedure. If there are any areas to biopsy or polyps to remove, the physician will remove them during the procedure. Then, after the procedure is over, you will return to recovery.

Q: I have a cold. Should I reschedule my procedure?

A: If you are experiencing cold symptoms, please reach out to the department for further instructions.

Q: How long will it take me to get results?

A: The physician can speak with your driver immediately after the procedure to communicate whether any specimens were taken. You will also receive a report on MyMercy. Results of specimens can take 7-10 days before returning.

Q: How soon after the procedure can I eat and drink?

A: Typically, you can begin drinking liquids once you are awake after the procedure, unless otherwise informed by your physician. Begin with clear liquids and if this is well tolerated, you may advance to solid foods. Alcohol should be avoided for 24 hours following the procedure.

Q: Why can't I drive after a procedure with sedation?

A: Driving after sedation is equivalent to driving while intoxicated. The sedation can decrease your reaction time, ability to concentrate, and ability to focus. You should not drive until the day after your procedure.

Q: Can I go back to work after my procedure?

A: You should take the rest of the day off after your procedure. Lingering effects of sedation will make it difficult to work at normal capacity. The Endoscopy nursing staff can provide a work excuse if needed.

Q: Why am I not having my normal bowel movement the day after my procedure?

A: This is a normal after effect of having a colonoscopy. This is because of the sedation, which slow down your bowels. Your bowels were also empty at the time of the procedure, and you may have spent much of the day without eating. Normal bowel movements should resume 1-2 days after your procedure.