

## Gastrointestinal Procedures

A colonoscopy and upper endoscopy are 2 procedures used to examine and diagnose diseases in the gastrointestinal (GI) tract from the mouth to the anus.

During a colonoscopy, a long, flexible tube (colonoscope) is inserted into the rectum. A tiny video camera at the tip of the tube allows the doctor to view the inside of the entire colon. If necessary, polyps or other types of abnormal tissue can be removed through the scope during a colonoscopy.

During an upper endoscopy, also called an upper gastrointestinal endoscopy, a thin, flexible tube (endoscope) with a tiny video camera at the tip is inserted through the mouth to examine your upper digestive system.

## Procedure Prep Forms

[Colonoscopy \(SuPrep and Dulcolax\) Double Prep Sheet](#)

[Colonoscopy SUPREP Prep Sheet](#)

[Colonoscopy \(SUTAB\) Prep Sheet](#)

[Colonoscopy \(GoLYTELY\) Prep Sheet](#)

[Colonoscopy \(PLENVU\) Prep Sheet](#)

[Expected Stool Color Changes During Bowel Preparation](#)

[Double GoLyteLy – 2-day Prep](#)

[Upper Endoscopy Prep Sheet](#)

## Colonoscopy Prep FAQs

Please read our FAQs below to ensure you are properly prepared for your colonoscopy. Your colon must be completely clean prior to your colonoscopy so proper preparation is critical. You will also receive a specific colonoscopy preparation sheet with detailed instructions regarding what to eat and drink and a timeline for drinking your bowel prep liquids.

## Bowel Prep

### **Why do I have to drink all the bowel prep liquid?**

To ensure you have a complete and thorough colonoscopy, your bowel must be entirely cleared out. The preparation is difficult for some patients, but very important for your exam and to identify any polyps or areas of concern.

### **What should my stool look like after completing the prep?**

It should be amber to yellowish in color, see through, and all liquid. There should be no solid pieces.

### **I was given a different preparation than my neighbor? Why?**

Your specific medical history determines what type of preparation your physician will prescribe. Individuals with health conditions such as kidney disease or seizure disorder require a different type of preparation than an individual with no health concerns. Other factors that influence type of preparation can include your time of exam, individual preference or even out of pocket expense.

### **Does the preparation have any side effects?**

The preparation is a medication that causes diarrhea to empty and clean the colon prior to your exam. Some individuals experience symptoms similar to diarrhea including nausea, vomiting and abdominal cramping. Due to this, it is recommended that you stay home and near a bathroom during your bowel prep.

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## **Medication Instructions**

### **My pharmacy has not notified me that my prep has been called in, what do I do?**

Contact your pharmacy to confirm if the prescription was received. If it wasn't received, please contact the office.

### **Can I take my other medications?**

Inform us of the medications you take when you schedule your exam. Most medications can be continued, but we may ask you to hold certain medications such as blood thinners or anti-inflammatory medicines. We will discuss this with you during scheduling and send you written instructions on what medicines you can take or should hold. If you have any questions about the information, please let us know!

### **What if I forget to take the medicine?**

Call the office right away. The physician or staff will assist you in how to proceed.

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## Colonoscopy Prep Diet

### **What can I eat before a colonoscopy?**

In the days leading up to your appointment, it's best to follow a colonoscopy prep diet that emphasizes low-fiber foods. The day before the procedure, you must cut out all solid foods, and start a clear liquid diet. Recommended liquids:

- Water, Sprite, 7-Up, Ginger ale, Mountain Dew, Fresca, or Club Soda
- Powdered or Bottled Sports Drinks: Crystal Light, Gatorade, Powerade (NO RED OR PURPLE)
- Clear Juices (NO PULP): Apple Juice, White Grape Juice, Lemonade
- Popsicles, Jell-o, Hard Candies (NO RED OR PURPLE)
- Clear Broth or Bouillon (Chicken or Beef)
- Coffee and Tea (NO MILK OR CREAMER OF ANY KIND)
- Absolutely no dairy products, red or purple liquids, or alcoholic beverages

### **My colonoscopy prep instructions say I can have clear liquids. Does that mean just water?**

Not at all! You can drink various clear liquids and we encourage you to drink plenty to avoid nausea and dehydration during your preparation. Clear liquids include some soda (such as Sprite or Ginger Ale), broth, juices (without pulp), coffee or tea without creamer, jello, sports drinks, etc. Avoid any items that are red or purple, and make sure you can see through them to ensure they are "clear".

### **Why can't the liquids I drink be red or purple?**

These colors can stain the walls of your colon similar to how they can stain your tongue. During your colonoscopy, these stains can look like blood or other abnormalities. To avoid this, the physicians ask that you avoid drinking anything red or purple during your preparation.

### **Can I drink alcohol the day before?**

Even though alcohol is a clear liquid, no alcohol is allowed the day before your colonoscopy. This is because of the risk of dehydration with your bowel preparation. Alcohol and marijuana are not allowed on the day of your exam due to IV sedation.

### **What do I do if I did not follow a clear liquid diet and ate?**

Contact the office right away to determine if you need to reschedule.

### **Why do I have to stop drinking two hours before I check-in?**

This is to allow your stomach to empty prior to receiving sedation for your procedure. If you still have liquid in your stomach during sedation, that liquid could travel to your lungs and cause complications.

### **Can I still take my daily aspirin?**

Yes! The risk of holding aspirin is greater than the risk of bleeding related to endoscopy. It's okay to continue taking this medication unless you are told otherwise.

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## **Day of Procedure**

### **Does my driver have to stay during my procedure?**

Yes, they must remain on the hospital premises throughout the procedure. You will be given sedating medications during the procedure that may impair your judgement, alertness, and coordination for the rest of the day. Due to this, it is required that you have transportation home.

### **What do I bring with me?**

On the day of the procedure, be prepared with these items:

- Insurance card
- Photo ID
- List of previous surgeries and medical conditions
- List of all medications and dosages
- Inhaler
- Warm socks

Wear comfortable clothes, no bras with underwire or jewelry.

### **Where do I check in at?**

Mercy Hospital Admitting – 4300 W. Memorial Road, Oklahoma City, OK 73120.

### **What should I expect during the colonoscopy?**

It will take approximately 2.5-3 hours from the time of your arrival to departure on the day of your colonoscopy. You should generally expect the following:

- You will discuss your medical history

- We will start an IV for an infusion of fluids. You will receive both a sedative and a pain-reducing medication to make the procedure more comfortable.
- We will set you up for monitoring to watch your heartbeat, blood pressure, and breathing during the procedure and recovery period.
- Your physician will explain the colonoscopy to you and answer any questions you have prior to the exam.
- You will get your colonoscopy which usually takes about 30 minutes.

### **What should I expect after the colonoscopy?**

You will wait in the recovery area until your anesthesia wears off. This typically takes about an hour. Your physician will explain the findings from the colonoscopy and recommend any follow up care. You should rest for the remainder of the day as you recover.