

## FREQUENTLY ASKED QUESTIONS

1. Is there any way that I can make this taste better? You can try sucking on hard candy. You can rinse your mouth with mouthwash or water. Try drinking through a straw.
2. Why avoid red liquids? The red color can persist in the colon and potentially look like blood.
3. What happens if I bought red liquids for my preparation? Do not take them. Switch to another solution that is not red flavored. This includes no red Magnesium Citrate.
4. What happens if I have already taken red liquid with my prep? Notify our staff when you arrive for your appointment.
5. One of the medications I was instructed to take the morning of the procedure is red. Can I take it? Medications for blood pressure, heart conditions, and seizures should be taken the morning of your exam regardless of the color.
6. I feel like vomiting and don't think I can drink any more. 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 the inside of your colon to complete the examination. If you do vomit, wait 30 minutes, and begin drinking the solution again. If not improved, call us (have a phone number of a pharmacy that is open, in case we need to call in a prescription).
7. What if I get chills, cold, abdominal pain, or cramping during my prep? Please be aware that some patients may experience these symptoms. This can be common and does not mean that you should stop the prep.
8. I drank a lot of the solution and haven't gone to the bathroom yet. What should I do? Keep drinking. Most people have a bowel movement after an hour; some patients may take 2 hours or longer.
9. I am taking the prep and am now having loose, watery stools. Do I still need the rest of the prep? Yes, you may have solid stool higher in the colon that needs to be eliminated.
10. I already have diarrhea before taking the prep, do I still have to take the laxative? Yes, you must take the prep as directed by your doctor. Your colon is approximately 3 feet long. The entire colon must be emptied for your physician to see the colon clearly.
11. I see yellow color in the toilet bowl. The yellow color is a result of bile that normally colors feces. This shouldn't interfere with the examination.
12. I haven't finished the prep, but I am clear. Do I have to complete the prep? Yes, you must complete the entire prep.
13. What if I am still passing stool the morning of my test? Call our office first thing in the morning by 7:00am.
14. I'm feeling dizzy and weak. What should I do? This is most likely due to dehydration. You should hold the prep for 30 minutes. During this 30-minute break, you should continue to drink other clear liquids (water, Gatorade). Resume the prep after 30 minutes.
15. My bottom is so sore. What can I do? Avoid rubbing when cleaning the area. Gently pat with a wet washcloth. Apply Vaseline<sup>TM</sup>, Preparation H<sup>TM</sup>, or Desitin liberally.

16. Why do I need a driver? Why can't I take a taxi home? You need a trustworthy individual to ensure that you make it into your home safely. In addition, you need someone that we can give instructions to after the procedure since you will not be able to remember these after sedation.
17. Can I drink any nutritional supplements? No
18. Can I chew gum or suck candy? Yes, but nothing with a soft center or red color.
19. Can I brush my teeth? Please do.
20. Can I wear my dentures? Yes, you may wear your dentures to the endoscopy suite. However, you may be asked to remove them prior to the procedure.
21. Can I have chicken soup? You can only have the broth. No noodles, chicken, or vegetables allowed.
22. Can I have the colonoscopy done if I am on my menstrual period? Yes, the procedure can still be performed.
23. Can I wear my Contact Lens on the day of my procedure? No, you will be asked to remove your Contact Lens prior to your procedure.
24. Can I wear jewelry on the day of my procedure? No, you will be asked to remove any jewelry prior to your procedure.

## **Post Sedation Restrictions**

- You cannot drive or operate any machinery post sedation.
- You cannot go to work post sedation.
- You cannot make any important decisions post sedation.
- No lengthy travel 2 weeks after polyp removal.

Please feel free to visit our website at [www.wilmingtongi.com](http://www.wilmingtongi.com) or contact us 910-362-1011 if you have any further question.