

FREQUENTLY ASKED QUESTIONS WHEN PREPARING FOR YOUR COLONOSCOPY

How many days will I need to take off from work?

You will need to take off work the day of the procedure only. Patients who work evenings may want to take off work the day before the procedure to do the bowel preparation.

I am diabetic. What can I do to maintain a healthy sugar level while not eating solid food?

You may drink Glucerna, as this is a water based, not milk based, beverage. You may also chew gum or have hard candy the day prior to your procedure. Please remember to check your sugar more frequently throughout the day and adjust your liquids accordingly on the day prior to your procedure. You may continue to drink liquids until 2 hours prior to your arrival time. If you normally take insulin, you may wish to use half doses while fasting.

I have started drinking the prep and I have become nauseated and/or started vomiting. What should I do?

Take a thirty minute break. Walk around a bit, put a wet cloth on your neck and splash your face with cold water. You may want to put the prep in the refrigerator during your thirty minute break to keep it from becoming warm. When you resume drinking, you may want to try drinking the prep through a straw. If you continue to have problems, please call the office at 859.258.4950 for further instructions.

I have very little solution left to drink but still have not had a bowel movement. What should I do?

Continue to drink all of the solution. Most people have a bowel movement after one hour, but for some patients it may take two to three hours, or in some cases, even longer.

I have taken the prep and now I have loose, watery stools but they are not clear. Why?

You may have solid stool higher in the colon that still needs to be eliminated. It takes time to completely cleanse the colon so continue to drink clear liquids.

I forgot about the clear liquid diet and ate solid food. Can I still have the procedure?

No. Please call the office at 859.258.4950 to reschedule your colonoscopy. Poor preparation limits the physician's ability to see any abnormalities in your colon and also limits the ability to complete the exam of the entire colon. It is necessary to reschedule the exam due to these circumstances.

Why must I have someone legally responsible for my safety drive me home?

Due to the type of anesthesia/sedation used you will be impaired for the remainder of the day and night. Prior to arriving for the appointment, please make sure you have a driver who will accompany and stay with you at the facility and assure you arrive home safely. If you are unable to arrange for this, please call the office at 859.258.4950. If you arrive for your procedure without a licensed responsible party, your procedure will be cancelled.

Can I still have gum and hard candy even if I stop drinking liquids 2 hours prior to my procedure?

No. Proper preparation requires that nothing may be taken orally 2 hours prior to the procedure.

Can I brush my teeth the morning of the procedure?

Yes, you may brush your teeth. Be careful not to swallow any toothpaste while brushing or water when rinsing.