

FAQ prep questions:

1. Do I really have to get up in the middle of the night for the second half of the prep?
Yes you do. If you finish the prep too far in advance of the procedure, stool will start to reform in the colon and you will not be as clean for the colonoscopy.
2. Do I need to stop my daily Aspirin?
If you have any questions about this please call the office and speak with a nurse.
3. Can I have the colonoscopy if I have my menstrual cycle?
Yes you can. If you use a tampon, you will need to remove the tampon during the procedure.
4. Is applesauce a clear liquid? Is ice cream a clear liquid?
No, applesauce and ice cream are not clear liquids. You cannot have any dairy products on the day of clear liquids.
5. Can I take my vitamins the week before the colonoscopy?
You must stop Multivitamins, Iron supplements and any vitamin containing Iron. You must also stop Fish oil products.
6. Do I need to use Gatorade?
No, you can use any clear liquid that is not red or purple.
7. Can I have orange flavor?
Yes, you cannot have anything that is red or purple.
8. Do I need to mix the Citrate of Magnesium with anything?
No, you can drink it straight. You cannot use the cherry flavored one.
9. Can I eat breakfast on the day of the prep?
No, you will be on clear liquids for the whole day even if your colonoscopy is in the afternoon.
10. How long will I be at the procedure?
You will be there for 2 to 3 hours from your arrival time.
11. Do I have to follow a low fiber diet for the week before?
Yes, decreasing the fiber will rest your colon and allow for a complete cleaning of the colon.
12. Can I have hard candy?
Yes, as long as it is not red or purple and there is no filling in the candy.
13. Can I use glucose tablets if I have a low blood sugar?
Yes you can. You should also be monitoring your glucose levels with your meter.
14. Can I have alcohol or white wine on the clear liquid diet?
No, alcohol is dehydrating and should not be consumed.

(over)

15. Are there any diet or activity restrictions after the procedure?

At the time of the procedure the doctor will give you directions. You cannot drive the day of the procedure. You cannot go back to work after the test; you will still be under the influence of the sedation medications. You can usually resume your regular diet afterwards. Again, the doctor will give specific directions at the end of the procedure.

16. Can I take my medications the morning of the procedure?

If you have any questions about this please call the office and speak with a nurse.

17. Do I have to split the prep or can I take it all at once?

Yes, you do need to split the prep. The prep is tolerated better when it is split and if you finish the prep too far in advance of the colonoscopy, stool will start to reform in the colon.