

## Procedure and Preparation Frequently Asked Questions

**Q: I have not received my prep from the pharmacy, what should I do?**

**A:** Please call your pharmacy and ask if the prescription is on your profile. If it is not, please call our office. If your procedure is at Skyline Endoscopy Center, and you were mailed a packet, please check the packet as prescriptions are generally included in that information.

**Q: What is considered a clear stool?**

**A:** If your stool has a slight tint of yellow/green or light brown (but you can see the bottom of the toilet), it is considered a clear stool. If your stool is not clear by 3 hours prior to your procedure, please call our office.

**Q: What should I do if I am not having bowel movements?**

**A:** It can take up to 5-6 hours to experience your first bowel movement, especially if you are constipated. Continue to drink clear liquids in the meantime. If you have not had a bowel movement after drinking the second bottle/dose, please call our office as further instructions or prep may be needed to guarantee an effective colonoscopy.

**Q: What should I do if the prep is causing me to experience nausea?**

**A:** Nausea is very normal with the preparation. Slow down how quickly you are drinking the prep. Take a 30-60 minute break, then begin again still drinking slowly. Standing up and walking around can help the prep to move more quickly through the intestines. If prescribed Zofran with your prep, please take that as directed in your instructions.

**Q: What should I do if I am vomiting the prep?**

**A:** Follow the instructions above and if still having issues, you can call our office.

**Q: Can I take Tylenol (acetaminophen)?**

**A:** Yes! Until 4 hours prior to the procedure.

**Q: What do I do if there is blood in my stool?**

**A:** This can be a normal part of the preparation, especially if you have hemorrhoids. If you have significant bleeding with other symptoms like light headedness, you should have someone take you to the ER.

**Q: What do I do if I am a diabetic and starting to feel dizzy after starting my prep?**

**A:** Please check your blood sugar level and refer to the diabetic instructions for treating hypo/hyperglycemia sent in your packet.

**Q: Should I continue my clear liquid diet after starting the laxative prep?**

**A:** Yes! We want you to consume a total of 64 ounces of clear liquids in addition to your laxative prep. A reminder to not have anything by mouth 4 hours prior to your procedure, including: gum, mints, water, etc.

**Q: Can I drink alcohol as a part of my liquid diet?**

**A:** Please do not drink any alcohol while doing your prep, this dehydrates you and is not recommended before sedation.

**Q: If I ate a breakfast, do I need to reschedule my procedure?**

**A:** If you ate breakfast the day before your procedure, probably not. Please be prepared to drink extra clear liquids and proceed with the prep as instructed. If you ate breakfast the day of your procedure, please call our office to reschedule.

**Q: I am currently menstruating; will I need to reschedule my colonoscopy?**

**A:** No, in fact menstrual bleeding does not interfere with your exam or your bowel prep.