

## FREQUENTLY ASKED QUESTIONS

- 1. I am bloated; I feel like vomiting or I have vomited and I don't think I can drink any more. What should I do?** Take a break, wait 30 minutes, and begin drinking the solution again. Keep drinking the solution until you finish. It is important that you complete the prep. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination.
- 2. 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.
- 3. 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. It is very important to complete the entire prep even if you think you are already clear.
- 4. 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.
- 5. I see yellow color in the toilet bowl and a few flecks. What do I do?** If you drank the entire solution you should be fine. It is OK if you have some flecks of material. The yellow color is a result of bile that normally colors feces. This shouldn't interfere with the examination.
- 6. What if I am still passing stool the morning of my test?** Take a tap water enema until you run clear.
- 7. 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.
- 8. Why avoid red liquids?** The red color can persist in the colon and potentially look like blood.
- 9. 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.
- 10. What happens if I have already taken red liquid with my prep?** Notify our staff when you arrive for your appointment.

11. **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.
  
12. **My bottom is so sore. What can I do?** Avoid rubbing when cleaning the area. Gently pat with a wet washcloth. Apply Vaseline™, Preparation H™, or Desitin liberally.
  
13. **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.
  
14. **Can I drink any nutritional supplements?** You may drink Ensure (chocolate or vanilla) or Slim-Fast with Soy Protein/Lactose Free. These drinks are water based not milk based.
  
15. **Can I chew gum or suck candy?** Yes, but nothing with a soft center or red color.
  
16. **Can I brush my teeth?** Please do.
  
17. **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.
  
18. **Can I have chicken soup?** You can only have the broth. No noodles, chicken, or vegetables allowed.
  
19. **Can I have the colonoscopy done if I am on my menstrual period?** Yes, the procedure can still be performed.
  
20. **What if I get chills or cold 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.

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 questions.