

PLEASE NOTE THE FOLLOWING IMPORTANT INFORMATION:

- *Please arrive at your stated time.*
- *Your driver must remain in the facility during the time you are here.*
- *You will be asked for the insurance co-pay or deductible, if applicable, when you are discharged. Most patients are recovered from the sedation by the time of discharge. However, if you are uncomfortable with making a payment at this time, please make arrangements to make approximate payment prior to your procedure.*

Dizziness and headache could be signs of low blood pressure. *Drinking a regular carbonated beverage (not diet) or apple juice may alleviate these symptoms.*

What is the best clear liquid to take? *Gatorade. It comes in many flavors and contains electrolytes such as potassium.*

Why avoid red and blue liquids? *The color can persist in the colon and make an accurate diagnosis more difficult.*

One of the medications I was instructed to take is red. Can I take it? *Medication for blood pressure, heart, seizure, anxiety, depression or pain can be taken the morning of your procedure regardless of the color.*

Is there any way to make the prep taste any better? *Try sucking on hard candy. Add the flavor packs that come with the gallon prep or you can add lemon flavored crystal light to the glass. Don't eat or drink anything other than the approved liquids while you are drinking your prep.*

I already have diarrhea before taking the prep. Do I still have to take the colon prep/laxative? *Yes, you must take the prep as directed. Your colon is approximately 6 feet long; the entire colon must be emptied for your physician to see the colon clearly.*

I am taking the prep and already have loose watery stools; do I still need to take the rest of the prep? *Yes, you may have solid stool higher in the colon that needs to be eliminated.*

I see yellow color in the toilet bowl and a few flecks; what do I do? *If your last bowel movement was clear enough to see the bottom of the toilet; you should be fine. It is OK if you have some flecks of material. The yellow color is bile that normally colors the feces. This should not interfere with the procedure.*

My bottom is very sore. What should I do? *Avoid rubbing when cleaning the area. Gently pat with a wet washcloth. Apply Vaseline, Preparation H, or Destin liberally.*

Can I drink alcoholic beverages? *We strongly suggest that you do not drink alcoholic beverages prior to your procedure since they can cause dehydration and some wines may thin your blood.*

Can I chew gum or suck candy? *Yes but nothing with soft centers or red or blue.*

What if I am still passing stool the morning of my test? *Take a tap water enema until you run clear. If this does not work, call the office.*

Can I brush my teeth? *Yes*

Can I wear my dentures? *Yes, you may wear dentures to the Endoscopy suite. However, you may be asked to remove them prior to the procedure.*

If you have been instructed not to take anti-inflammatory or blood thinner medicine several days before the procedure. What can you take for headaches and pain relief? *You may take Tylenol as directed.*

Can I have the colonoscopy done if I am having my menstrual period? *Yes, the procedure can still be performed. We ask that you use a tampon if possible (not absolutely necessary).*

Do I need a prescription for the prep? *Yes*