

BOWEL PREP - FREQUENTLY ASKED QUESTIONS

What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter.

I am not having bowel movements, what should I do?

Bowel movements can take up to 3-4 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by **9:00pm** the night prior to your procedure, you will need to reach the on call physician for further instructions.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

Is it normal to have diarrhea & cramping?

YES. This is normal. Bloating, abdominal discomfort, nausea, cramping and diarrhea could happen at any point during the bowel prep process.

What foods should I avoid for the 3 days leading up to my procedure?

It is recommended to limit raw vegetables, nuts, seeds, flax seeds and popcorn for three days prior to your procedure. The seeds or nuts may cause a difficulty in screening.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

Why do I have to wake up so early for the 2nd dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds do I need to take all of the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

Do I need to remove my jewelry before the procedure?

Please leave valuables at home. If you have any body piercings, please remove them prior to your procedure. Mouth and lip jewelry must be removed prior to the procedure - inability to do so could result in cancellation of your procedure.
