



COLONOSCOPY - FREQUENTLY ASKED QUESTIONS

What is a clear liquid?

A clear liquid is any transparent liquid, this includes water, broth, bone broth, juice without pulp, soda, sports drinks (ex: Gatorade), Jell-o, tea, or coffee without cream. Milk and cream are not clear liquids.

What is a clear stool?

Clear stool can have a slight tint of yellow or green. It's completely transparent & does not contain any solid matter.

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.

The prep is making me nauseous. What should I do?

With nausea or vomiting, slow down the rate at which you drink the solution. Take a break for 20-30 minutes, drink water & continue bowel preparation. Drink all the laxative solution, even if it takes longer.

If vomiting persists, or you aren't able to finish the preparation, call your physician's office for further instructions.

I am not having bowel movements. What should I do?

Individual responses to laxatives vary. Bowel movements may begin up to 3-4 hours after beginning the prep solution. Be patient, and continue to drink liquids and walk around.

If you have not started having diarrhea 4 hours after drinking the first dose (by 9:00pm), you will need to take additional prep solution as outlined below. These items are available over-the-counter at most grocery stores & pharmacies.

- Take 2 Dulcolax / Bisacodyl (5mg) tablets with a glass of water.
- Mix an additional 32oz bottle of Gatorade with 4.15oz (119g) MiraLAX & drink the entire bottle.

You will still need to drink the remaining dose of prep solution on the day of the procedure, as outlined in the prep instructions. The end goal for a successful bowel preparation is for the stool to be clear. Please call your RMG physician with questions.

Can I continue to drink liquids after I begin the laxatives/prep solution?

YES. We recommend you drink more water and other clear liquids through the preparation process to avoid dehydration. You may continue drinking clear liquids until 4 hours prior to procedure.

Why do I have to wake up early to take an additional dose 6 hours prior - why can't I take it all the night before?

A split prep has been proven to be the most effective strategy for a successful colonoscopy preparation. It is essential that you follow the directions provided.

Why can't the liquids I drink be red, orange, blue or purple?

These colors can stain the walls of your colon, and can affect the quality of the examination.

Why do I have to stop all liquids four hours prior to my procedure?

This allows your stomach to empty prior to the procedure and is a safety requirement for sedation during your procedure. If there is liquid in your stomach during sedation, liquid could travel to your lungs & cause complications.

Why can't I chew gum or have tobacco the day of my procedure?

This is also a safety requirement for receiving sedation during your procedure and helps to ensure there is no liquid in your stomach during sedation.

Why can't I have an Uber or taxi service pick me up after my procedure?

Everyone reacts to sedation differently, so you should have a trusted adult stay with you the remainder of the day in case you have any complications or side effects from the anesthesia, since sedatives can remain in your system for 24 hours. Side effects can include drowsiness, nausea, impaired judgement and reflexes. Driving after receiving sedation carries the same legal penalties as driving under the influence of alcohol or other substances. If you are receiving sedation for your procedure and do not have a driver to take you home after the procedure, your procedure will be cancelled. You may resume normal activities, including driving, the day following your procedure date.