# How will I learn the results of the test?

You will be told about the preliminary results of the test before you leave to go home. You will also be given written information about these results as it is common not to remember all of what is said soon after the procedure. If biopsies are performed or polyps are removed during the procedure you will be contacted with the results in about ten to fourteen business days.

# Can I drink alcoholic beverages?

We ask that you do not drink any alcoholic beverages prior to your procedure.

# How long will my procedure last?

Plan on spending 2-3 hourstotal in the Endoscopy Unit. This includes time needed to prepare for the procedure, perform the procedure, and recover after the procedure.

# I'm sick?

If you are sick, you may keep your scheduled appointment as long as you are not vomiting or experiencing a fever or a cough with sputum/phlegm. **ENTER COVID PROTOCOL HERE- POSITIVE TEST/VACCINE STATUS ETC**

# Should I take my blood pressure and/or heart medicine in the morning before my colonoscopy?

Yes. You should take all hypertension and cardiac medications at your usual times with a small amount of water. **\*\*\*AS LONG AS IT IS NOT A BLOOD THINNER\*\*\***

# Can I drink smoothies/plant-based juices?

No. Even if they do not contain dairy, the liquid may have seeds and fiber from the fruits and vegetables.

# Do I need to take all of the preparation?

While some people’s colons will be cleansed out before they finish all of the preparation, this is highly variable and the odds of having a clean colon are best if you take all of the preparation. Failure to do so could result in a colon that is not clean enough, which increases the chance that something could be missed. In addition, if the colon is not clean enough, you may have to reschedule your colonoscopy and repeat the preparation.

# Can I still have my procedure if I continue to pass solid stool despite taking all of my preparation?

Solid stool is a sign of insufficient preparation. If you are still passing solid stool up until the time of your procedure, it will likely have to be rescheduled. Please call your doctor’s office if this is the case.

# I feel nauseous, what should I do?

It is important that you take your entire Prep. Remember that without a clean bowel, the doctor will not be able to adequately see the inside of your colon to complete the examination. If you feel like vomiting while taking the prep, slow down. Pause for an additional 3-5 minutes between tablets or 30-40 minutes for liquid to allow your stomach to empty. Be sure the prep is chilled for the liquid solutions, and then try to resume the prep at a slower rate, sipping through a straw if possible. If you do vomit and are unable to continue, call us and have a phone number of a pharmacy that is open, in case we need to call in a prescription for an anti-nausea pill.

# How can I tell if my bowels are clean before my procedure?

After finishing your laxative, your stool should be watery. The color of your stool should also be clear or yellow.

# Do I need to take the anti-gas pills?

Yes, the anti-gas pills will help reduce air bubbles in your colon and allow your gastroenterology doctor to see inside your colon better. Check your bowel preparation packet for instructions on taking anti-gas pills.

# Can I take a bus or taxi home by myself after my procedure?

No. Due to the sedation given during the procedure, you are considered impaired. The sedation medication impairs your judgment and reflexes. A trusted person must be with you to accompany you if using a rideshare company.

# Can I use cream during the preparation to help with anal irritation I’m experiencing?

Yes, you may apply Desitin, A+D Ointment, Vaseline or any other cream.

# Can I have my colonoscopy if I am having my menstrual period?

Yes.

# When can I eat after the procedure is done?

In general, you can eat immediately after your procedure as long as you avoid greasy or spicy foods. Please be aware that the sedation medication may cause mild nausea and you may not have a full appetite until the following day.

# Can I go back to work following my procedure?

Due to the sedation given during the procedure, you should plan to rest at home for the remainder of the day. You may resume your usual activities the day after your procedure.

# Can I drink protein drinks?

No, protein drinks, including shakes, are not allowed. One day before your procedure, stop drinking protein drinks. Follow a clear liquid diet as instructed in your bowel preparation packet.

# I “juice” my food. Can I continue to drink them?

No, juiced foods are not allowed. One day before your procedure, stop drinking juiced foods. Follow a clear liquid diet as instructed in your bowel preparation packet.

# What if I am on an antibiotic?

This will not interfere with your procedure.