



FREQUENTLY ASKED QUESTIONS RELATED TO COLONOSCOPY PREPARATION

READ ONE WEEK PRIOR TO PROCEDURE

Question: The instructions say no dairy. Can I have a milk shake?

Answer: No milk, milk products, sherbet, milk or cream in coffee

Question: Can I have diet drinks or products like Ensure?

Answer: No, you may have only clear liquids (you must be able to see through them). However, you may have black coffee (no more than 8 ounces).

Question: I am having a colonoscopy and upper endoscopy. May I take fluids up to 2 hours until the procedures?

Answer: No, MCDH requires that you stop drinking 4 hours before upper endoscopy. Anne Arundel Medical Center requires nothing by mouth after midnight for both upper endoscopy and colonoscopy.

Question: My stools are yellow water and I cannot drink anymore. Can I stop?

Answer: If you have completed more than 75% of your solution and there are no particles of stool remaining and you are passing clear yellow stools, you can stop drinking. If not, it is preferable to finish. If after attempting to finish and you are unable, take 2 Fleets enemas, rectally, one hour apart.

Question: I have my period. Can I still have the test?

Answer: Yes

Question: I have a cold and/or fever. Can I still have the test?

Answer: Yes

Question: I cannot stand the taste of the prep solution.

Answer: Try sipping the solution through a straw or adding Crystal Light flavoring to the solution, if the prep solution is not already flavored. You may chill the solution but for no longer than 2 hours.

Question: I forgot to stop my aspirin-containing medicine or my anti-inflammatory at the prescribed time. Can I still have the test?

Answer: Yes, but do not take any more of the medicine, and let the nurse know upon your arrival for your procedure.

Question: I am nauseated and/or vomiting and cannot drink anymore.

Answer: Take a break. Do not drink anymore for 30-60 minutes to allow the nausea and/or vomiting to pass. Then restart the prep until you are passing clear yellow stools. Rinse your mouth with mouthwash or soda immediately after drinking the prep. You can also try sucking on a hard piece of candy briefly or chew some gum after drinking the prep. (Minimize the amount of candy consumed.)

THIS IS JUST A GUIDE. REFER TO YOUR PREP INSTRUCTIONS IF THERE WERE CHANGES RECOMMENDED BY YOUR PHYSICIAN, OR FOR QUESTIONS ABOUT CHANGES, CONTACT YOUR PHYSICIAN DIRECTLY. IF YOUR QUESTION IS NOT COVERED OR INVOLVES MEDICATIONS, CALL OUR OFFICE AT 410-224-2116 FOR ASSISTANCE. AFTER 5 PM AND BEFORE 8 AM, YOUR CALL WILL BE HANDLED BY THE PHYSICIAN ON CALL.

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