



COLONOSCOPY PREPARATION TIPS

Question: Do I have to drink all of the prep solution?

Answer: Yes, you need to drink all of the prep as instructed. If your bowel movements are not yellow/clear liquid we may not be able to see the lining of the colon clearly. Small, flat polyps may be missed and your next colonoscopy may be scheduled in an earlier time frame due to poor prep quality.

Question: But what if the bowel results are clear after drinking only part of the prep, do I still need to finish?

Answer: Yes, you need to drink all of the prep as instructed. The large intestine is three-five feet in length and there still may be residual stool in the right side of the colon. Small, flat polyps may be missed and your next colonoscopy may be scheduled in an earlier time frame due to poor prep quality.

Question: Digestive Health Center prep instructions are different than that on the bottle/pharmacy, whose do I follow?

Answer: Always follow our instructions. If you have any questions or lost your instructions please call the office.

Question: Is there anything I can flavor the prep solution with other than the flavor packets provided? Or, my prep solution did not come with any flavor packets; can I use anything to flavor it?

Answer: Yes. For the Peg3350 solutions (Nulytely, Golytely, Half-lytely) you can flavor the prep solution with powder packets such as Crystal Lite® or Sugar Free Kool-Aid® (nothing that turns the prep solution red or purple). Usually lemon or orange flavors are those most preferred.

Question: What is considered a quality prep result?

Answer: Your bowel movements should be clear/yellow liquid where you can see through to the bottom of the toilet bowl. If you complete all of the prescribed prep and your results have solid stool or liquid stool you cannot see through (brown) please call the center/on call physician for further instructions.

Turn over for more tips

COLONOSCOPY PREP TIPS (continued)

Question: What do I do if the prep solution makes me feel sick?

Answer: If you are unable to keep the prep solution down we suggest you try the following:

- Stop drinking the solution for at least ½ to one (1) hour to allow your stomach to settle.
- Do not be sedentary. Get up, walk around. The onset of bowel movements vary from patient to patient, activity/walking with help the process.
- After ½ - 1 hour start drinking the solution again. Try using a straw if the taste/texture is what makes the solution difficult to drink.
- Drink the prep solution farther apart. Remember this is not a race to see how fast you can complete the prep but rather a goal to complete the prescribed solution to have the best prep possible for your physician to fully see all of the colon lining.

If you do all of the above and you still cannot keep the prep solution down then call the center at 775-829-8855. If it is after hours there is an on call physician available.

Question: On your prep instructions you have a four day dietary menu. What happens if I do not follow these dietary recommendations?

Answer: The foods listed are low residue foods. These food items are suggested to help start the clean out process prior to your prep day. If you maintain a high fiber diet during this time frame it may take longer for the prep solution to start working. This is not a strict diet and these foods are not mandatory for the prep, only recommendations.

As listed above ALWAYS finish all of the prescribed prep.

Question: What can I have the day of the procedure?

Answer: You need to follow the prep instructions for your procedure time. All patients are not to eat any solid food on the day of the procedure. Your procedure will most likely be cancelled if you eat solid food the day of your procedure. All patients are not to have anything to drink or use saliva producing products two (2) hours prior to the procedure time. This includes water, gum chewing, hard candy/ mints and chewing tobacco. Your procedure will be delayed or possibly cancelled if you consume any liquids during the three hours prior to your procedure time. See the FAQ sheet on what medications you need to take the day of your procedure and at what time.

Question: Can I continue to drink clear liquids during and/or after drinking the prep solution?

Answer: Yes and it is encouraged for you to do so up to 2 hours prior to the procedure then absolutely nothing to drink at that time.