



PROCEDURE FREQUENTLY ASKED QUESTIONS



Welcome to the Endoscopy Center of Colorado Springs. We would like to make your procedure as pleasant and safe as possible. Please read these frequently asked questions in advance of your procedure and call us at (719) 785-3500 (opt.2) if you have any concerns.

1. What clear liquids can I have? (Nothing red or purple)

Water (plain, carbonated or flavored)
Fruit juices without pulp, such as apple or white grape
Fruit flavored beverages, such as lemon or limeade
Carbonated drinks, including dark sodas (cola and root beer)
Gelatin without added fruit or vegetables
Tea or coffee without milk or cream
Sports drinks
Clear broth, vegetable, beef or chicken
Ice pops without milk, bits of fruit, seeds or nuts

2. Can I have chicken soup?

You can only have the broth. No noodles, chicken or vegetables allowed.

3. Can I have apple sauce, yogurt, or pudding?

No, these are not considered clear liquids and should not be consumed during your prep.

4. What is the best "clear" liquid to take?

Gatorade, which comes in many flavors, is an excellent choice as it contains electrolytes such as potassium. Clear boullion or chicken broth are also good choices.

5. Can I have alcoholic beverages?

NO. Alcohol can cause dehydration and can thin your blood.

6. Why avoid red or purple liquids?

The red and purple colors can persist in the colon and potentially look like blood during the exam.

7. I accidentally drank something red or purple; can I still have my procedure?

YES. Proceed with your prep and let the endoscopy staff know when you check in. You will be able to have your procedure done.

8. Some of my pills are red; can I take them?

YES. You should take heart, blood pressure and time sensitive medication regardless of color, unless you were previously instructed otherwise.

9. What if I forgot to stop my aspirin?

Please notify your physician prior to the procedure. In general, we do not need to reschedule procedures for patients who forget to stop their aspirin.

10. What if I forgot to stop my Coumadin or other blood thinning medication?

If you forgot to stop your prescription blood thinner, your procedure will be cancelled and rescheduled.

11. Can I take my anxiety/depression medications? I typically take these every morning and cannot miss a dose.

YES. You can take your anxiety/depression medications up to 2 hours before coming in for your procedure.



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12. Can I take my supplements up until the day of the procedure?

YES. You may take all supplements up until bedtime the night prior to your procedure; however, iron supplements should be held for two days prior to your procedure.

13. I have been instructed not to take anti-inflammatories or blood thinners several days before the procedure. What can I take for headaches and pain relief?

You may take Tylenol as directed.

14. Can I proceed with the procedure if I am on antibiotics?

Yes, in most cases this should not be an issue, although it is important to let your provider know for what condition you are taking the antibiotics. If you are taking antibiotics for diverticulitis, we will need to postpone your colonoscopy until six weeks after your last dose for your safety.

15. Do I need a prescription for the laxatives?

It depends on the preparation instructions you were given. SuPrep and Nulytely require a prescription. The Miralax prep is an over the counter medication and does not require a prescription.

16. Can I take the prep if I am allergic to Sulfa?

YES. You are able to take the prep. Sulfa and Sulfates are not the same. You are OK to take the prep with a Sulfa allergy.

17. The pharmacy did not have my prescription. How can I get it?

If it is during our office hours (8:00 am – 4:00 pm), please call our office and a member of our clinical team can send in the prescription(s) to your local pharmacy. If you are calling outside of our normal business hours, please call our office and select the option to have our on-call physician paged. S/he will call in the prescription(s) to your local pharmacy.

18. I cannot find my prep instructions. What do I do?

Go to the website www.agcosprings.com and look under 'Services' and then select Colonoscopy. The preps will be listed there. If you do not have internet access, please call our office for further instruction.

19. What time do I really need to start my clear liquid diet?

The clear liquid diet is aimed at decreasing stool production in the body. This allows us to use a small volume of bowel prep and accomplish a better cleansing of the colon. We ask that you start the clear liquid diet the entire day before your procedure starting in the morning.

20. Can I start the bowel prep earlier than 5:00 pm?

Ideally, you should start the bowel prep at the time instructed. However, starting the first dose early by 1-2 hours is fine as long as you follow the clear liquid diet for the day.

21. Can I drink all of my prep the night before instead of waking up early in the morning to drink the 2nd half?

No. Studies have shown that split dose preps (in which laxatives are taken the evening before and the morning of the procedure) produce better cleansing. While this can make for an early morning, the most important thing is that you get a good quality exam. A good quality exam will reduce the chance of having to repeat the prep/procedure, or having polyps missed during the exam. If there is stool residue stuck to the side of your colon, your doctor may not be able to find and remove all polyps and cancer can be missed.



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22. Is there any way that I can make the prep solution taste any better?

Do not mix anything into the prep unless the instructions say to do so. You can rinse your mouth with water or a mouthwash. Make sure to chill the prep before drinking it. Try drinking it through straw.

23. I feel nauseous; what should I do?

It is not uncommon to have some nausea. You may stop drinking your prep for 30-60 minutes and take a break. When you restart your prep, start drinking slowly. It is important that you take your entire Prep.

24. I vomited; what should I do?

If you have vomited less than half of your prep, continue with the prep as instructed. If you have vomited more than half of your prep, you have the option of trying a different prep that is available over-the-counter. Miralax can be purchased in any pharmacy department, without a prescription. The prep instructions for this alternate are available online. If you feel you are unable to do either of the above, stop your prep and call 719.635.7321. Let the answering service know you need to cancel.

25. Can I mix the Miralax powder with something other than Gatorade?

Yes. Consider mixing your Miralax powder with water, Propel, Pedialyte, or Crystal Light flavoring instead. Please refrain from mixing your laxative with carbonated beverages (soda).

26. I already have diarrhea before taking the prep, do I still have to take the laxative?

Yes, you must take the prep as directed. Your colon is approximately six feet long. The entire colon must be emptied for your physician to see the colon clearly.

27. I am having clear liquid stool before finishing all of my prep, do I still need to finish my entire prep?

Yes. Your body produces 6 – 7 liters of fluid a day, even if you are not consuming solid food. This fluid is continuously coating the colon. Consuming the entire prep helps clean out this fluid and increases the quality of your colonoscopy.

28. I have taken the first half of my bowel prep, but have not had a bowel movement. What should I do?

Bowel movements usually start within two to three hours after taking the prep, but can take longer. In most cases, the prep will eventually work as planned. Continue your prep as instructed.

29. I have finished taking all of the bowel prep and have not gone to the bathroom yet. What should I do?

If your bowel movements have not started or your stool is not starting to clear 3 hours after you take the second dose of laxative, you will need to talk with a nurse to help determine if you can proceed with your procedure. Please call 719.785.3500 opt 2.

30. I see yellow color in the toilet bowl. What do I do?

If your last bowel movements were clear enough that you were able to see the bottom of the toilet, you should be fine. The yellow color is a result of the bile that normally colors the feces.

31. I have yellow, watery stool, but with flecks. Is that ok?

If you drank all your prep and can see to the bottom of the toilet, you can proceed with your procedure. A few flecks of stool will be OK.

32. I still have brown liquid stool the morning of the test. Is that ok?

You will need to talk with a nurse to help determine if you can proceed with your procedure. Please call 719.785.3500 opt 2.



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33. My bottom is sore, what can I do?

Keep your bottom clean, avoid rubbing, gently pat with a wet washcloth. You can use protective ointments like Vaseline, A & D, Desitin or Preparation H as much as needed.

34. My procedure is scheduled during my menstrual cycle; can I proceed with my procedure?

YES. Your period will not interfere with your procedure. We recommend using a tampon, but if you are unable to do so, pads are OK. Let the nurse know you are on your period when you get checked in.

35. What if I have a cold, cough, rash or open wound?

Please notify our office as soon as possible so that your procedure can be rescheduled. Any patient with a fever, rash, open wound, or difficulty breathing on the day of the procedure will be rescheduled.

36. Can I brush my teeth?

YES. You can brush your teeth but do not swallow any liquid when you rinse

37. Can I chew gum or have hard candy the morning of my procedure?

NO. You should not chew gum or suck on hard candy for six hours prior to your procedure. These can cause secretions which can be problematic during your procedure.

38. Can I wear my dentures?

YES. You may be asked to remove them prior to your procedure. You will be able to reinsert them right after the procedure is finished.

39. What time do I arrive at the Endoscopy Center?

Please arrive one hour prior to your scheduled procedure time.

40. How do I cancel my procedure?

Call 719.635.7321. If after hours, the answering service will take the cancellation message and deliver it to us first thing in the morning.

41. What if I have chronic constipation?

Please notify our schedulers before you start the prep. You may need a special prep for patients who have constipation.

42. What is Cologuard?

Cologuard is a stool based colon cancer screening test that detects blood or DNA from abnormal cancerous or pre-cancerous cells shed in the stool. It is important to understand that Cologuard is not a colonoscopy, and it is not as effective as a standard colonoscopy in detecting cancer or pre-cancerous colon polyps. Colorectal polyps can only be removed by colonoscopy, which has much higher detection rates compared to Cologuard.

43. What should I do if I cannot afford my prep?

Please call our office to speak with a nurse about alternatives. Be aware that you may need to make another trip to our office and/or your pharmacy if this is the case.