



Frequently asked Questions

You may have many questions on what to do for your procedure and we will try to answer most of those questions in this document. You will get a phone call from a nurse before your procedure date to go over your instructions. This gives you a chance to ask any questions you may have.

Please read over all of these instructions for best outcome for your procedure.

What can I eat the week before my procedure?

In order for your colon preparation to clean your colon well, you will need to eat foods that are easy to digest by your body for at least 5 days before you begin your colon preparation. This diet is called **LOW FIBER DIET**.

If you have special diet restrictions, please discuss these with your physician.

LOW FIBER FOODS INCLUDE:

- Enriched white bread (NO whole wheat, whole grain, oat, or multigrain)
- White rice or plain white pasta or noodles
- Cereals with no more than 1 gram of dietary fiber per serving
- Canned fruits without skins, seeds, or membranes (peaches, pears, applesauce)
- Ripe bananas and ripe cantaloupe or honeydew (no watermelon)
- Canned soups without corn or peas (chicken noodle or tomato)
- Dairy – milk, yogurt, cheese, ice cream
- Eggs
- Cooked or canned vegetables without seeds or skins (carrots, mashed potatoes)
- Protein – chicken, turkey, fish and seafood, tofu, ground meat, smooth peanut butter
- Juice without pulp
- Condiments (plain yellow non-grainy mustard, mayonnaise, ketchup)

DO NOT EAT:

- Flax or any food products containing flax, nuts, or seeds
- Popcorn or any snack food containing nuts or seeds
- Whole wheat, whole grain, oats, or multigrain bread and other products
- Brown and wild rice
- Raw or dried fruits and vegetables
- Dried beans, baked beans, peas, or corn

I need to drink clear liquids with my colon preparation, what does this mean?

Clear liquids are any drinks that you can clearly see through. If you pour a glass of milk and pour a glass of water, which glass can you see through?

We ask you to **avoid Red** and **Purple** drinks when choosing your liquids. These dark colors can hide bleeding in the colon.

Clear Liquid Diet (Please remember no red or purple)

- Strained juices: apple, white grape, white cranberry
- Tea without milk or cream
- Fruit flavored drinks
- Carbonated soft drinks- avoid dark soft drinks
- Plain Jell-O
- Ice popsicles
- Clear broth or brewed bouillon

X Avoid coffee the day before your procedure

What will happen at my Pre-Admission Testing appointment?

If you have been scheduled for a Pre-Admission Testing (PAT) appointment, a provider will go over your medical history and perform a physical exam at this visit. You will be directed during this visit if any testing is needed before your scheduled colonoscopy. A nurse will call you before your history and physical appointment to go over your medications and instructions.

Do I have to stop taking my medications for this procedure?

Certain medications may need to be stopped or changed temporarily. It is important that we have a complete list of medications and supplements you are currently taking. A nurse will call you to go over your medications and instructions.

It is suggested that you stop taking the following over the counter medications 5 days before your procedure, unless you have been instructed to continue by your doctor:

- Vitamin E
- Vitamins or supplements that have Iron
- Medications used to stop diarrhea (Imodium, Kaopectate, Pepto-Bismol)

Do I need someone to come with me to my appointment?

You will get a medication that will make you sleepy during your procedure. You must have a person who can safely drive you home from your appointment who is over the age of 18.

When you arrive for your procedure, a nurse will let your driver know when they can expect to pick you up.

You can use public transportation as long as you have someone over the age of 18 to ride with you.

If you cannot find anyone who can take you home, please let us know as soon as possible. Our staff will work with you to find an alternative arrangement.

Why must someone be stay with me for 12 hours after my procedure?

You will be given medications that will make you sleepy for several hours. Some of these medications can cause forgetfulness, and affect your ability to make decisions.

You will be unable to drive up to **24 hours** after your procedure, depending on the type of anesthesia you receive. Your nurse will discuss this with you before your procedure.

You will need someone to help you should you have an emergency.

Before your procedure

When you get here for your appointment, our registration staff will check you in. One of our staff members will bring you back to the admitting area and your nurse will get you ready for your procedure. Your nurse will ask when you last took your medications. It is helpful if you bring a list for the nurse to review.

- Women of a certain age will need to take a pregnancy test, unless you have had a hysterectomy or are post-menopause.

The doctor will talk to you about the procedure and explain the risks, and benefits. They will also discuss other choices you have if you do not wish to go forward with this procedure. If you agree to continue, you will sign a consent.

Your doctor will talk to you about the plan for your sedation for the procedure, and discuss any risks with you. If you agree to continue, you will sign a consent.

An intravenous line (IV) will be placed in your arm or hand, and IV fluid given to you. Medications are given to you through this line during your procedure.

During your procedure

The staff who will be with you during your procedure will greet you. The nurse will check that you have signed your consent for the procedure and all of your questions answered.

The nurse will take you to your procedure room, and place you on a monitor. You will be given oxygen to your nose or through a mask.

The nurse will prepare everyone for the procedure to begin by confirming your name and date of birth, the procedure that you are having, and confirming that you have signed the consent.

The nurse or technician will help you place yourself on your side in a comfortable position. You will be given medications to help you sleep. Your nurse will monitor you during your procedure.

After your procedure

You will be taken to the recovery area after the procedure is over. A nurse will monitor you while you are waking up, you will be groggy.

Sometimes you will experience cramping that feels like gas pains. This is because air was used during the procedure. This discomfort will pass as you pass the air out of your body. If you feel pain that is getting worse, please let your nurse know right way.

The doctor will check on you while you are in recovery. They will talk to you about your procedure, and plans for follow-up. If you had biopsies taken, you will receive your results in your MyBassett app or in a mailed letter. If you have not received your results in 3 weeks, please call our office.

Cancellations

Out of consideration for the numerous patients who are on our waiting list for a procedure, if you need to cancel or reschedule this appointment we ask you do so at least **5 days** before your scheduled procedure date. This will allow us to fit in another person who is waiting.

Please be aware that considerable resources have been reserved for you for this procedure.