

## **BOWEL PREP FREQUENTLY ASKED QUESTIONS**

### **What is a clear stool?**

A clear stool can have a slight tint of yellow, green, or orange. It will be completely transparent and will not contain any solid matter.

### **I am not having bowel movements, what should I do?**

Bowel movements can take up to 5-6 hours after beginning the prep start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight prior to your procedure, you will need to reach the on-call physician for further instructions.

### **The prep is making me nauseous, what should I do?**

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the prep and call your physician's office for further instructions.

### **What are some high fiber foods that I should avoid?**

Raw fruits or vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, beans, and lentils.

### **If I eat high fiber foods, will I need to reschedule?**

You will not need to reschedule your procedure, however, it may cause a difficulty in visualizing the mucosa and may require a need for rescreening.

### **Why can I not have red, purple, blue or orange drink or popsicles?**

All of these contains dyes that can cause certain discoloration in the colon making it difficult to determine blood or redness from stains related to the dyes.

### **Can I drink alcohol on the liquid diet?**

No, you cannot consume alcohol while on the liquid diet. Alcohol is a diuretic and can cause dehydration. If alcohol is consumed during your prep it can cause you to become severely dehydrated very quickly.

### **Why do I have to wake up so early for the 2<sup>nd</sup> dose, can't I take it the night before?**

A split prep has been proven to be the most effective for a successful colonoscopy. It is essential that you follow the instructions provided to you regarding your prep.

### **If I weigh under 100 pounds, do I need to take all the prep?**

The liquid amount is not weight based. You must complete the prep for a successful colonoscopy.

**I am having liquid stools frequently; do I need to drink the second half of the prep?**

Your body will continue to produce stool, despite the clear liquid diet and first half of prep. Not taking the second half of the prep at the time ordered can cause the right side of your colon to produce stool and your procedure to be aborted and rescheduled.