

FREQUENTLY ASKED QUESTIONS

What will happen if I eat or drink something right before (or a few hours before) my procedure?

Your procedure may be cancelled. It is dangerous to receive sedation if you have had something to eat or drink prior to your procedure. Our first concern is for your health and safety. You will be given sedatives to help you relax during your procedure. These medications affect your body's ability to hold food and liquid in your stomach. If you eat or drink several hours before your procedure, there is a risk that food or liquid will travel up into your esophagus, where you could breathe it into your lungs. Your procedure will be rescheduled if you do not follow the instructions provided by our office. You must be fasting (no food or drink) for four (4) hours prior to your procedure. You will not be able to consume any candy or gum during this time.

What if I start vomiting while drinking the colonoscopy preparation solution?

If you develop symptoms of nausea or vomiting, stop drinking the preparation for 30 minutes and then resume drinking the preparation. Go slower and drink one 8 oz. glass every 30 minutes instead of every 10-15 minutes. If you are not able to consume the entire preparation, please call our office at (208) 489-1900 to speak to a member of our medical staff.

How do I know when my bowel preparation is complete?

Your stool output should look similar to the liquids that you are drinking; clear or yellow liquid without any stool particles.

I finished my colonoscopy preparation and I am not sure my preparation worked. What should I do?

It is normal to pass clear or yellow colored liquid from your rectum after the bowel preparation. However, if you have completed the entire preparation and are still passing formed stool, your procedure may need to be rescheduled. Please contact our office at (208) 489-1900 as soon as possible and request to speak to a member of our medical staff.

Can I drink beer or wine during the bowel preparation?

No. The bowel preparation may dehydrate you so it is important to drink plenty of water or clear liquids to remain hydrated.

How does constipation affect the bowel preparation?

One consistent factor that causes a poor preparation for a colonoscopy is constipation. Starting the colon preparation when you are constipated can make you sick and will probably result in a poor preparation for the exam. If this occurs, you may have to reschedule. If you are constipated you may need special preparation instructions. Please make sure our office knows that you are constipated before starting your bowel preparation.

Can I have a colonoscopy if I am having my menstrual cycle?

Yes, menstruation does not interfere with colonoscopies.

Can my husband, wife, family member or friend come in with me during the procedure and watch?

No, the physician will speak with your family or responsible adult following the procedure.

Why do I need a driver for my appointment? Does he or she have to stay the entire time I am there?

Colonoscopies and upper endoscopies (EGD) require sedation to provide comfort to the patient. Sedation will also cause grogginess and slow reflexes for up to 12 hours. This is why you cannot drive your car or perform activities that require quick reflexes until the following morning. It is necessary for you to come with a family member or responsible adult who can safely drive you home after your procedure. We ask that your driver come with you and stay the entire time you are at our center. This makes them available for questions and allows the doctor to meet with them in the recovery room following your procedure to explain the results. **If you arrive without a responsible adult, your procedure will be rescheduled.**

What if I have a sore throat after my upper endoscopy (EGD)?

Having a sore throat after your procedure is normal. The degree of discomfort will vary between individuals and your throat may be sore for several days. It is expected to gradually improve with time. Keeping your throat moist with cold or warm liquids is recommended. Try to avoid foods that may scratch your throat such as chips or nuts. You may also use over-the-counter throat spray with a numbing agent if it becomes too bothersome.