



611 Grammont St. Monroe, La. 71201  
318.325.2634 or 800.613.8982

## Frequently Asked Questions for GI Prep/Pre-Procedure Instructions

### 1. "Can I mix my prep solution with something other than Gatorade?"

Gatorade® is the preferred choice, but you can use other sports drinks, just no red or purple. We have found that Lemonade Crystal Light® is another good choice and helps to mask unpleasant tastes.

### 2. "I threw up my prep, what do I do?"

Try to wait about 30 minutes and continue drinking the prep as instructed, it can still work. If you are unable to keep multiple doses of the prep down, call our office for further recommendations-(318)325-2634

#### Helpful tips on getting your prep down:

- a. Slow down. You can spread out the prep over a longer period of time if you need to.
- b. Chill liquid thoroughly before drinking. You can pour over ice.
- c. Drink with a straw.
- d. Follow with clear liquids or ginger-ale.
- e. Suck on hard candy to take the taste out of your mouth.
- f. Brush teeth or use mouth rinse.

### 3. "The prep doesn't seem to be working".

Drink extra fluids. If you normally struggle with constipation, it could take the prep a little longer to work. Drink more fluids and continue with the prep as instructed.

### 4. "Can I take my usual medications the night before/morning of the prep?"

Unless you were instructed otherwise, you can take your routine medications as usual. In general, the only medication adjustments involve diabetic medications and anticoagulants (blood thinners). If you are taking these types of medications, you should have received specific instructions at the time of registration. If you are taking medications the morning of the procedure, do so with a small sip of water.

### 5. "Do I have to get up in the middle of the night to take the second dose of my prep?"

We understand what an inconvenience this is for you, but we cannot stress enough how important this step in the preparation is. Your colon begins to excrete mucus through the night which can obscure the doctor from completely visualizing the lining of your colon. A good prep is essential for a successful colonoscopy. Also, if the prep is not optimal, you may have to be re-prepped and reschedule your procedure.

### 6. "I live an hour or more away, how am I going to be able to make the trip while still having to use the bathroom?"

Most of your trips to the bathroom will be the first evening of your prep. We cannot assure you that you won't have to stop on your way to the endoscopy center. We try to schedule the prep times so that you should be through going to the bathroom by the time you have to drive.

### 7. "What should I wear?" "Can I wear jewelry?"

Wear casual, loose fitting and comfortable clothing. A gown will be provided. Ladies should wear comfortable, flat shoes. Do not wear heels. Men, do not wear boots. Valuables and jewelry should be left at home.

### 8. "Can I brush my teeth the morning of the procedure?"

Yes, you can brush your teeth; just do not swallow any water.

### 9. "Should I bring my eyeglasses?"

Please **bring your eyeglasses** in order to complete paperwork and sign consent form, but eyeglasses must be removed prior to the procedure. You may prefer to remove dentures and contact lenses at the time of the procedure.