

Common Questions with Bowel Preps

- 1) Where is my prep?
 - a. If you are using the Colyte or Suprep preparation, then this will typically be sent directly to your pharmacy electronically and you pick it up there. The Miralax portion of the prep can be purchased over the counter at any pharmacy and most grocery stores.

- 2) What if I get nausea or vomiting during the prep?
 - a. If you feel very nauseous or if you have vomiting, then take a break for an hour. If symptoms improve, then restart at a slower pace. Refrigeration of the prep often makes it easier to drink.

- 3) What symptoms might I expect from the prep?
 - a. Bloating, nausea, cramping, diarrhea. Potentially even vomiting. Typically, bloating and cramping begin to improve once you begin having bowel movements. If you feel very nauseous, then take a break for an hour and if symptoms improve, then restart at a slower pace. Refrigeration of the prep often makes it more palatable.

- 4) How long does it take to start working?
 - a. The prep will often begin working within 30 minutes, but it can take up to 3 hours or more to start working. You will need to remain close to a toilet.

- 5) What if I drink all the prep and I do not have a bowel movement?
 - a. Wait one (1) hour. If still no stool, then you will need a Fleets enema (if you have kidney failure, then you will need to use a tap water enema). This can be purchased over the counter at any pharmacy. If still no results, then call our office or the physician on call

- 6) What if I have rectal discomfort?
 - a. You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.

- 7) Can I eat after my procedure?
 - a. Usually you may resume your normal diet unless otherwise instructed.

- 8) Can I start my prep earlier in the day than the time you suggest?
 - a. Yes. You can start it as early as 1pm.

- 9) Can I have my procedure if I am on my menstrual cycle?
 - a. Yes. This is not a problem.

- 10) Can I have my procedure if I have a cold?
 - a. Yes, as long as you are not running a fever, having shortness of breath, chest congestion, and are otherwise feeling well.

- 11) If I need something for minor aches/pains (muscle/joint) or headache, what can I take?
 - a. Tylenol over the counter is okay.

12) Can I have alcohol while doing my prep?

- a. No. Alcohol is a diuretic which can cause excessive and dangerous fluid losses and dehydration which can cause kidney failure. In addition, it can be a lethal combination with the sedative medications you will be given for the procedure.

13) How do I know if my prep is adequate?

- a. Your stool should be translucent yellow, green, or clear. It may take up to a few hours to see an effect from the prep solution. You should complete your prep as instructed, even if it is apparently clear before you are finished with the prep instructions. This is because it usually takes several hours to get adequate bowel cleansing.

14) Will the prep interfere with my other oral medications?

- a. Medications swallowed at least one hour before starting the prep should be adequately absorbed. However, if you take oral medications during the bowel prep, they may not be absorbed completely.