Frequently Asked Questions for Colonoscopy

What is a clear liquid diet?
1. A clear liquid for this purpose is defined as any liquid you can read newsprint through that is not foggy or cloudy and is not dark in color.
2. ACCEPTABLE LIQUIDS: Apple juice, white grape juice, white cranberry juice, strained lemonade or limeade, tea, BLACK coffee (no milk, cream or nondairy creamer), water, carbonated and non-carbonated soft drinks, Kool-Aid, and Gatorade. Italian ices, ice-popsicles, Jell-O without whipped topping or fruit, and hard candy. Clear broth or bouillon soups. Clear Ensure- this must be peach flavored, you are not permitted to drink blueberry pomegranate flavor.
3. RESTRICTIONS: Please avoid eating any solid food. Also avoid drinking anything that is dark in color. Do not have anything that is colored RED or PURPLE. Avoid drinking any milk, creamer, and/or nondairy creamer.

Do I have to use the straw?
1. No, it is not mandatory that you use the straw. However, it makes the preparation easier to drink and may help reduce the risk of nausea.

What if I feel nauseated or vomit while drinking my laxative preparation?
1. If you feel nauseated or if you vomit while taking the prep, stop drinking the laxative for 30-45 minutes to let your stomach settle, then resume drinking as directed.
2. Try using the straw to drink your laxative; it helps bypass your taste buds and makes drinking easier.
3. Rinsing your mouth out and gargling with mouthwash can eliminate any aftertaste between doses of preparation liquid.

Why do I have to stop my herbal medications?
1. Some herbal medications cause thinning of your blood, we suggest that you not take any herbal medication as directed in our preparation instructions before having a procedure.

What if I accidentally consume nuts or seeds?
1. DO NOT EAT ANY MORE. Consuming a small amount of nuts or seeds will not prevent you from having your procedure.
2. These items can be difficult for your body to digest and can potentially clog our scope.

What do I do to prevent rectal irritation from diarrhea?
1. You may use Vaseline or any water soluble lubricants for relief from any rectal irritation. DO NOT use Desitin ointment.
2. Consider trying flushable wipes to help avoid irritation from wiping with toilet paper.

How fast will the laxative work?
1. The laxative will vary in how quickly it works from patient to patient. Some will experience diarrhea within an hour, other may have to wait several hours.

Why do I have to do the “split dose” preparation?
1. Most, but not all, patients are given the split dose preparation.
2. Consuming it this way provides a better preparation.
3. Following your specific preparation instructions is one of the most important steps in allowing the best examination of your colon.

What if I need assistance and your office is closed?
1. If you need urgent assistance Monday-Friday between the hours of 5pm-7am, or over the weekend, call our main number 503-297-8081. You will connect with our answering service, who will contact our on call physician for you.
Is there anything special I need to bring to my procedure?
1. If you use reading glasses, please bring them with you as you will need to read and sign a consent form and discharge sheet.
2. Bring your photo ID and your insurance card(s) with you. We may need a copy.
3. If you have an Advanced Directive, please bring it with you to your next appointment so we can file a copy in your chart.
4. Be prepared to describe your last few bowel movements. You will be asked about the color and appearance to make sure the preparation has worked.
5. Be sure you have arranged for your ride home. You will not be permitted to drive yourself.

What should I wear to my procedure?
1. Wear loose comfortable clothing that is easy to get in and out of. No nylons or pantyhose.
2. PLEASE leave all your valuables at home.

My insurance company said my procedure needs to be coded as screening to be covered.
1. We will bill your insurance company appropriately according to your diagnosis after your procedure and been complete. If there are polyps found or biopsies taken during the procedure, this may change the coding of your procedure. This is something you should discuss with your insurance company as well so you are aware of your coverage.

How will I get the results of my procedure?
1. The doctor will discuss the findings with your following your procedure. Biopsy results will be communicated to you by letter or phone call within 1 week.