

## Frequently Asked Questions

### **Before the procedure:**

***Why am I being asked to have my procedure downtown when one of the regional medical centers (RMCs) is more convenient for me?***

Our downtown facilities have additional resources that may not be available in the Regional Medical Centers (RMC's). You may be rescheduled to the downtown facility if the physician determines that it is safer for you based on your medical history or past endoscopy experiences.

***I can't find a ride, is it ok for me to go home alone via a taxi, Uber, or Lyft?***

If you are receiving sedation or anesthesia for your procedure, you will need to have a responsible adult accompany you home and remain with you after your procedure to ensure your safety. If you do not have a companion, please contact the GI clinic at 206-223-2319, option 2, for information about home healthcare options.

***I am traveling from out of town, going over a mountain pass, or taking a ferry the day of my procedure, do I have to take the prep in the morning? I'm worried I may not have access to a bathroom while I am traveling.***

Yes. Studies have shown that the split preparation method is better at cleaning out the colon than drinking all the prep the night before. Even if your bowel movements are clear and yellow, please take the remainder of the prep at least 4 hours before leaving home. This will give you plenty of time to use the bathroom before you leave. The prep works faster the morning of the procedure as you will be mostly cleaned out from the night before.

***When do I stop eating solid food?***

Stop eating solid low-fiber foods 24 hours before your check-in time. You can continue to drink clear liquids until 6 hours before your check-in time. You may continue to drink black coffee, clear tea, or water until 2 hours before your check-in time.

***What should I wear to my appointment?***

You will be changing into a gown for the procedure and changing back into street clothing after the procedure. Please wear clothing that is easy to take off and put back on. Some patients may feel more comfortable in layers that can be removed. You may keep your bra on during the procedure. You may be allowed to leave a t-shirt on during your procedure, ask your nurse when you arrive.

***What time do I check in for my procedure?***

Your procedure check-in time is on the appointment itinerary or listed in your portal account.

***Who do I call if I feel like the prep is not working?***

Please call the GI clinic at 206-223-2319, option 2.

***Why should I take the simethicone if I don't feel gassy?***

The simethicone breaks up large bubbles of gas into smaller bubbles that move more easily along the GI tract. Bubbles remaining in the GI tract can limit the doctor's ability to view the walls of the GI tract during your procedure, increasing the likelihood that we will need to redo the procedure.

***The simethicone I found is red, can I still take it before my procedure?***

Yes. You will only be chewing 2 tablets of simethicone. The amount of red in the tablets is not enough to create issues with your procedure.

***Do I have to finish drinking the prep or drink on the day of the procedure if my stools are clear the night before?***

Yes. Even if you are running clear, there may be additional feces remaining in the colon that will be flushed out with the prep the morning of your procedure.

***Where can my driver wait?***

Due to COVID restrictions, they are welcome to wait in their car or within a 15-minute walk from the clinic and their car. Please ask your driver to be available by cell phone from your check-in time to when they pick you up.

***Can I travel immediately after my procedure?***

For routine procedures (e.g., those performed in the RMCs or in the Buck Pavilion), you can travel as tolerated. Some patients may not feel ready for long car rides or to fly for up to 24 hours. If your procedure is in the Jones 5 facility, please contact your provider to discuss your expected recovery time.

## **Low Fiber Diet**

***I rely on fiber supplements to keep my bowel movements regular. What can I do if I become constipated?***

If you do not have a bowel movement when you normally would, or if you have not had a bowel movement in 2 days while on the low fiber diet, please take 1 dose (17g) of MiraLAX (available over the counter) mixed in water according to the manufacturer instructions. You may take a second dose if needed.

***Are alternative dairy products like soy milk or almond milk part of the low fiber diet?***

Yes, you may continue to drink alternative dairy products while on the low fiber diet.

***Does the low fiber diet include tomato sauce?***

Most pre-made tomato sauces sold in jars or cans are included in the low-fiber diet. This includes most marinara and pizza sauces. Please avoid "chunky" or homemade sauces that contain seeds or skins.

***Are seasonings like fresh or dried herbs, hot sauce, and BBQ sauce part of the low fiber diet?***

Seasonings are OK on the low fiber diet so long as they do not contain seeds, skins, or artificial red, purple, or green dyes. Avoid pesto sauces and salsas. Please use herbs, especially fresh herbs with stems, in small amounts.

***I follow a vegetarian or vegan diet, what can I eat during the low fiber diet?***

We ask vegetarian and vegan patients to consume fewer than 21 grams of fiber daily while on the low fiber diet, avoiding seeds and skins. You can continue to eat soy products, including tofu, as a complete protein source. Vegan cheeses and dairy alternatives are generally OK if they contain fewer than 2 grams of fiber per serving. Vegetarians can continue to eat eggs.

## **Clear Liquid Diet:**

***Is carbonated water included in the clear liquid diet?***

Yes, so long as it is not dyed red, purple, or green.

***Can I drink coconut water with pulp during the clear liquid diet?***

No. Please strain your coconut water if it has pulp.

***Is green tea or dyed tea part of the clear liquid diet?***

Green tea, without artificial dyes, is OK. Please avoid teas dyed red, green, or purple.

***Does the clear liquid diet include artificial sweeteners?***

There are no limitations on sweeteners until 6 hours before your procedure check-in time, so long as they completely dissolve in water.

***Is there a limit on the amount of tea I can drink during the clear liquid diet?***

There is no limit on the amount of tea. Excessive caffeine consumption while on the clear liquid diet is discouraged.

***How much coffee can I drink during the clear liquid diet?***

Please limit coffee consumption to two 8oz cups of coffee. Do not add milk or creamers.

***Is broth included in the clear liquid diet?***

Broth (strained, i.e. no herbs) is allowed until 6 hours before your procedure check-in time.

***Are there any juices beside apple juice that I can drink?***

Please avoid juices other than apple juice, white grape juice, lemonade without pulp, and white cranberry juice.

***Can I have orange Jell-O?***

Yes, you may have orange Jell-O. Please avoid any red, green, or purple colors.