

## COLONOSCOPY



## "I WISH I KNEW AHEAD OF TIME"

## We asked our network what they wish they knew ahead of their colonoscopy:

It's not just a "day of" experience like the doctor said.

Be considerate of your diet pre and post colonoscopy.

You can also eat clear gummy bears on prep day if you need something solid to chew.

I have to stop all vitamins and medications 5 days prior to my procedure.

There are different types of preps available.

Talk with your doctor to see what type is best for you.

You may need to do additional day(s) of liquid diet prior to the cleanse day if your bowels are notoriously slow and you deal with constipation. This can help ensure that you are cleaned out enough and you won't have to repeat the procedure because you weren't "cleaned out enough".

My recovery would depend on what they found during the colonoscopy.

It's important to ask the questions right after while your doctor is there and it's fresh on their memory.

The person picking me up would need to be prepared to ask certain questions on my behalf.

My other health issues could affect the procedure (heart murmur, etc.)

The anesthesia would be an IV and it's not scary - it's the best sleep one can get these days!!

Nausea is very common.

Ask your physician what to do if you get nauseous easily. There may be medications and methods to help you manage the nausea.

Understand the prep process and time schedule so that if possible, you can schedule the procedure at a time that works best for you

Are there things you wish you knew ahead of time? Please tell us!

