



WHAT TO ASK YOUR GASTROENTEROLOGIST

TODAY'S DATE: PROCEDURE DATE:

QUESTIONS TO ASK

Days before:

- What foods can I eat that are low residue?
- How do I put those foods together to make actual recipes based on my food restrictions?
- How strict do I need to be with the prep?
- What questions should I ask as I am in the recovery room about the procedure and results?
- What medication can I take/ need to stop taking?

Prep day:

- What do I do if I can't keep down the medication and it's the middle of the night? Who should I call?
- What should be the exact timing of everything since procedure time varies?
- Can I lengthen the prep to tolerate the medication?

After your procedure:

- What do my results mean?
- Are my post-symptoms normal? What do I need to watch out for?
- Do I need any special diet for recovery?
- Can I go to the gym? How long should I wait?
- Can I take probiotics for recovery?
- When should I have my next colonoscopy?

SYMPTOMS TO DISCUSS

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ACTION ITEMS

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NOTES

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Instructions are for general rule of thumb but may vary slightly depending on the preparation instructions, medication and medical provider. Discuss your preparation details with your Gastroenterologist.