



## “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. ”

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

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

“ There are different types of preps available. Talk with your doctor to see what type is best for you. ”

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

“ 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!

