

Colonoscopy FAQ's

Food Questions:

Q: May I eat peanut butter or any nut butter?

A: Yes, as long as there are no visible signs of seeds or nuts.

Q: May I have maple syrup?

A: Yes

Q: May I eat crackers?

A: Yes, if there are no visible signs of seeds or nuts, and that they are not grain or wheat, just stick to the white crackers.

Q: May I cook with oils?

A: Yes, cooking with oils is fine.

Clear Liquid Questions:

Q: What is a clear liquid?

A: Water, clear broth, bouillon, fruit juices without pulp. **NOTHING RED OR PURPLE.**
Orange colored items are fine.

Q: Are carbonated drinks ok?

A: Yes, however the carbonation can cause gas pains. You may want to have an alternative clear liquid just in case.

Q: Is alcohol allowed the day before my procedure?

A: No. We do not want you to have any alcohol the day before your procedure.

Medication Questions:

Q: Do I need to stop taking any of my medications?

A: If you are on any prescription blood thinning medications such as Coumadin, Plavix, Xarelto, etc., you will need to refer to your paperwork given to you at your consult appointment; if you did not get paperwork for some reason, **please call Dr. Stewart's office at 541-488-4464**, for medication questions and ask for the surgery scheduler or the medical assistant and someone will be happy to assist you.

Q: Are my blood pressure medications considered blood thinners?

A: No. Please continue taking your blood pressure medications as you normally do.

Q: May I take my regular medications?

A: Other than blood thinners as listed above, please take your prescriptions like you normally do. **IF YOU ARE DIABETIC** please **DO NOT TAKE** the morning dose of your diabetic medication. Your medications should all be on the prep instruction packet you received at the time of your consultation with Dr. Stewart.

Q: May I take my vitamins and supplements?

A: You will need to stop taking any oil supplements (Vitamin E, Vitamin D, Fish Oil, Flax Seed, Flax Oil, etc.)

Q: May I take Aspirin?

A: You will need to stop taking any Aspirin and Baby Aspirin **5 DAYS PRIOR**. It is okay if your take Acetaminophen (Tylenol) and Ibuprofen (Advil, Motrin).

Again, if you have any questions or concerns, please call out office and we will be happy to assist you.