

DuPage Medical Group Gastroenterology Frequently Asked Questions

Q: What is my diet 3 - 5 days prior to procedure?

A: Avoid high fiber foods such as raw fruits, vegetables, nuts, corn and seeds (specifically no fruits/veggies with skin). You may not have anything red, purple or blue in color. It is okay to have rice, meat, pasta, apple sauce, bananas or mashed potatoes.

Q: What is my diet the day prior to procedure?

A: **CLEAR LIQUID DIET ONLY** (If you can't see through it, don't eat/drink it).

Q: What is considered a clear liquid?

A: A clear liquid diet includes tea, coffee (no cream or milk), apple juice, Gatorade, PowerAde (not red, purple or blue), clear pop such as 7UP, Sprite and Sierra Mist, Coke, Pepsi, chicken, beef or vegetable broth, Jell-O (not red, purple or blue) or popsicles (orange, banana or root beer flavored). You can have water up until 5 hours prior to your procedure.

Q: Should I follow the directions on my prep, or the directions I was given at the Doctor's office?

A: **ALWAYS FOLLOW YOUR DOCTOR'S INSTRUCTIONS**

Q: Can I flavor my prep?

A: It depends on the prep. Suprep is already flavored. The other preps are not. You may add crystal light (citrus flavor recommended).

Q: If I am on my menstrual cycle, should I cancel my procedure?

A: Women who are on their menstrual cycle should wear a tampon for the procedure. It will not interfere with anything, and won't require your procedure to be rescheduled.

Q: Can I use baby wipes to clean myself during the prep?

A: Patients may use baby wipes during the prep for their procedure.

Q: How long until I get my test results?

A: You will receive your results within 7 - 10 business days (regardless of what the nurse/staff tells you). If it's normal you will receive a letter in the mail. We will contact you with any abnormal results.

Q: Does my driver need to stay during the whole procedure?

A: Yes, the person accompanying you will need to stay in the facility until you are ready to go home. **There are no exceptions.** If you don't have someone with you, **your appointment will be cancelled.** You cannot be dropped off, and/or take a taxi.