

Getting Ready for Your Colonoscopy with Cystic Fibrosis

This handout teaches you to get ready for your colonoscopy with cystic fibrosis (CF). People with CF can have thick, sticky mucus lining their colon (large intestine). This mucus requires extra steps to properly clean out the colon to prepare for a colonoscopy. The goal of the colonoscopy is to find and remove any polyps in the colon. Polyps are growths that can become cancerous. A clean colon is needed to see these polyps.

2 Day Prep

Review *Getting Ready for Your Colonoscopy (2-Day Prep using PEG Solution)* (HFFY # 8386) at least two weeks before your visit.

Review the Prep Checklist on the last page. Make sure to review the timing of when to start and finish the prep solution based on your visit. Discuss any questions with your care team.

Scheduling

You will be asked a series of questions on the phone before scheduling. These questions include:

- “Do you see a pulmonologist?”
- “Do you frequently deal with constipation?”

Answer **YES** to the questions above even if you take a laxative or stool softener. CF raises the chance of constipation. This will help ensure you are correctly scheduled, make your endoscopist aware of your lung condition, and have the correct bowel prep ordered.

Health Status

We may suggest using a higher level of sedation if:

- Your lung function is less than 50%
- You had a lung transplant
- You are being evaluated to receive a transplant

Medicines

Continue your CF treatments while doing prep, such as your nebulizer and airway clearance.

Diabetes

Check with your doctor who manages your diabetes for specific diet and medicine instructions.

Ask about the kinds of liquids and foods you should have to manage your blood sugar levels. You may need to adjust your insulin dose as part of your preparation.

CFTR Modulators

It’s okay to take these medicines the day of your test. Take at least 4 hours before you arrive. Drink water only, no fat needed.

These medicines include:

- Trikafta[®]
- Alyftrek[®]
- Kalydeco[®]
- Orkambi[®]
- Symdeko[®]

Importance of Prep

Your doctor must see your colon wall entirely. If it is dirty, your doctor may not be able to see important things like polyps or cancer. As result, you may need to repeat the test.

Think about it like this: A dirty colon is like driving in a snowstorm, while a clean colon is like driving on a sunny day.

As you finish the prep, your stools should be watery clear or yellow. Stools should not be solid. If you are still passing solid or brown stools, please call the clinic you are scheduled at.

YELLOW, CLEAR, LIKE URINE	READY
LIGHT ORANGE, CLEAR	NEARLY THERE
DARK ORANGE, SEMI-CLEAR	NOT OKAY
BROWN, MURKY	NOT OKAY
DARK, MURKY	NOT OKAY

When to Call

Call the number below where your test is scheduled if:

- You are sick
- You're having problems with your prep
- You are not having clear stools

If you are concerned that your prep has not been successful, you may be able to still complete it with some more help.

Who to Call

The digestive health nurses will be your best resource for your bowel prep questions. **Do not call the CF clinic.**

Who to Call

UW Health Digestive Health Center
750 University Row, Madison, WI 53705
(608) 890-5010

UW Hospital GI Procedure Clinic
600 Highland Ave, Madison, WI 53792
(608) 263-8094

Meriter Digestive Health Center
202 S Park St, Madison, WI 53715
(608) 417-6389

Patient Resources (if you need help finding a ride to and from your test)
(608) 821-4144

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8443