

Easy and practical tips to get you through the colonoscopy preparation more comfortably

TIP 1 Lighten Your Diet

4 days before your procedure, stop eating seeds, popcorn, nuts, raw fruits, vegetables and whole grains

TIP 2 Stock Up

Gather all the supplies you will need for the prep. Get clear liquids such as apple, white grape or white cranberry juice, chicken or beef broth, Gatorade, Jell-O and popsicles. **Note: Avoid purchasing any products with red or blue coloring (this includes Gatorade, Jell-O and popsicles with red or blue coloring)**

Buy disposable baby wipes. You might want to pick up Vaseline or an over the counter hemorrhoid product. A small squeeze bottle which can be filled with warm water can be used instead of toilet paper. These products will reduce irritation in the rectal area.

TIP 3 Take Time Off

Plan to take 2 days off work: the day before the colonoscopy and the day of the test. If not the entire day before the procedure, at least take off the afternoon before the test.

TIP 4 Bathroom Readiness

Plan to use the disposable wipes you purchased. You might want to line your wastebasket with a plastic bag to facilitate disposal. Fill your squeeze bottle with warm water for cleansing. Apply Vaseline or hemorrhoid products generously to anal area to relieve soreness

TIP 5 Drinking The Prep

CHILL the prep. It is easier to drink cold.

Begin drinking your prep at 5:00 pm.

Solutions should be consumed rapidly instead of sipping in order for prep to be effective.

If you begin to feel nauseated, increase the time between glasses to 30 minutes. If you become nauseated easily, you might want to ask your physician for medication to have on hand if this occurs.

Remember, it is very important to thoroughly cleanse the colon so that all important conditions such as colon polyps can be seen. A failed bowel prep results in a repeat colonoscopy with another bowel prep. You should be passing clear liquid from your rectum. If not please call our office.