

TIPS FOR PREPARING YOU FOR A COLONOSCOPY

Tips for Preparing the Mixture

- **Follow prep instructions.** Follow your prep instructions closely so you don't have to do it twice!
- **Make the taste better.** Adding a sugar free drink mix (like Crystal Light) can improve the taste of your prep (just avoid red colored options).
- **Use a large bore (opening) straw.** Place towards the back of mouth (throat) as tolerated.
- **Keep your prep mixture lightly-chilled.** Prepare a prep mixture that is lightly chilled, but not ice-cold. Drinking a large amount of ice-cold liquid can make you feel very ill.
- **Don't use a prep mixer that is red.** This color can imitate blood in the colon. Avoid drinking any beverages (or eating popsicles & JELLO) with this color for the entire day before your procedure.

Tips for Consuming the Prep

- **Take your time.** If you feel ill, take a 15-minute break from drinking the prep mixture.
- **Between glasses.** Chew gum or suck on hard candies. (**Not on the day of procedure**)
- **Combat hunger and dehydration with clear liquids.** Options like JELLO, popsicles or chicken broth will help.
- **Settle in with good reading material.** The goal is clean out 6 feet of colon, so you can plan on spending a good deal of time in the bathroom. Have some good reading material on-hand or an iPad ready to keep yourself entertained!
- **Keep yourself comfortable.** We recommend using personal hygiene wipes, Tucks pads and a soothing ointment, like A&D ointment, Desitin, or Vaseline to your bottom before starting and as needed to protect your skin.