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## **Tips to Prepare for Your Colonoscopy**

In general, bowel preps are more tolerable when cold or chilled.

If you find the taste unpleasant, try drinking the solution through a straw. This minimizes the taste by “bypassing” most of your taste buds.

You may add flavoring such as Crystal Light or Kool-Aid powder if the prep isn't flavored.

Use flushable wet wipes or soft toilet paper.

To soothe a sore bottom, recommend having Desitin, A&D ointment, or TUCKS medicated cooling pads available. Can use these as needed for irritation related to the prep.

Drink as much clear liquid as possible during the prep. It will keep you hydrated and ensure that your colon gets cleaned out.

Recommend taking two Gas-X (simethicone) prior to starting your bowel prep.

If you become nauseated, stop drinking the prep and wait 30 minutes, then resume drinking in smaller amounts.

### **Why do I have to do split dose prep and wake up so early to finish it?**

Suboptimal bowel preparation for colonoscopy can lead to missed colonic lesions. The “split dose prep” has been proven to do a much better job cleaning the colon than if the entire prep is taken the day before the procedure. And while waking up early to drink prep is no fun, studies show that your colon will be cleaner (especially on the right side where flat polyps and other lesions can be hard to see). Additionally, shortening the interval between purgative completion and colonoscopy start time will have a positive impact on improving quality of colon cleansing. The ideal interval between purgative completion and performance of the colonoscopy is around 3-4 hours, and a long interval increases the risk for inadequate cleansing and a chyme-coated right colon.