



Tips for Colon Cleansing

No bowel preparation is easy or without inconvenience, however, the accuracy and results of the colonoscopy exam depends on how well the bowel is emptied and cleansed. If not done properly, the entire preparation and procedure may need to be repeated. Please read the following hints to make this as easy as possible for you.

- You may want to purchase a small container of alcohol free baby wipes to ease anal irritation. We recommend you use flushable baby wipes instead of toilet paper.
- You may also apply Vaseline to help protect the skin from irritation.
- You may use over the counter hydrocortisone creams and/or hemorrhoid treatments or Tucks wipes as necessary.
- Chill the prep solution in your refrigerator or by setting it in a bowl of ice. DO NOT add ice in your drinking glass.
- Adding Crystal Light to your prep solution even after you flavored it may help make it taste better. The lemonade flavor seems to work best.
- Drinking the solution through a straw may help.
- Set a timer for every 15 minutes; drink the whole glass quickly. The action of this preparation is partly a “flushing” or “dumping” syndrome; if it goes in quickly, it will aid in the cleansing of the colon.
- Remain near a toilet!!
- Expect that you will be uncomfortable until the stool has cleared from your bowel (in about 2 to 4 hours)
- You will have diarrhea and may experience chills.
- If you experience nausea or vomiting, rinse your mouth with water or mouthwash, take a 15 to 30 minute break and then continue drinking the solution.
- Try sucking on a few hard candies in between drinking glasses of the solution if you are nauseous (not red or purple)
- Eventually your stools will be clear to yellow liquid, and clear enough so that you can see the bottom of the toilet. Continue drinking until all the solution is gone.
- You may be asked to wake up at 3:00 a.m. to take your prep. The reason for this is that bile is excreted in the colon. This process helps flush the bile out of colon so that the doctor can see better during your procedure.