

Helpful Tips for Colonoscopy Preparation:

Bowel preps usually are easier to tolerate cold or chilled.

Try drinking the solution through a straw to minimize the taste.

You may mix Crystal Light into the PEG-3350 prep solution for flavoring. You should NOT put Crystal Light in Clenpiq, Suprep, Suflave or PlenVu, as these preps are already flavored.

Use flushable wet wipes on your bottom instead of dry toilet paper.

Have some tucks pads, A&D Ointment, or Desitin available to soothe a sore bottom. Use as needed for irritation from the prep.

Stay close to toilet facilities once you have started your colon prep.

Gummy bears dissolve to a clear liquid at body temperature, so they are okay to take with your prep the day before the procedure if you want something “solid” to eat. **AVOID** red or purple gummy bears. **DO NOT eat gummy bears on the day of the procedure.**

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

Prepare your favorite Jell-O flavors in quantity.

Have popsicles, chicken, vegetable or beef broth, white grape juice, and sports drinks on hand in large quantities. No red or purple flavors.

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

FAQ: Why do I have to wake up so early to finish this prep?

We recommend a “split dose prep” because it has been proven to do a much better job cleaning the colon than if the entire prep is taken the day before the procedure. Depending on the time that your procedure is scheduled, this may mean that you have to wake up very early. We know that this is not fun, but studies show that your colon will be cleaner—especially on the right side, where flat polyps and even cancers can be hard to see. Our own real-world experience confirms this. All GI society endoscopy guidelines recommend the split dose. It is worth it.

**Please call the office scheduling department during regular business hours for any questions
479-582-7280, Option 1 Monday-Friday 6:45m-3:30pm**