

# COLONOSCOPY



# TIPS FOR YOUR COLONOSCOPY

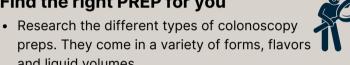
We have polled our network - Below you can find Pro Tips. Learn from our experience - Follow these tips to lessen the anxiety and make your colonoscopy more comfortable.

#### Schedule your Appointment



- · Be aware of when your appointment is scheduled
- Plan ahead to determine when you need to do your rounds of prep
  - Remember: The second dosage should be taken ~6 hours before your appointment
- Schedule your colonoscopy for Monday morning, so you can prep Sunday and only miss one day of work

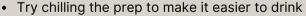
#### Find the right PREP for you





- Work with your doctor to find the right prep for you:
  - If you're concerned about drinking a large volume of liquid and feeling bloated or nauseous, your doctor can recommend a lower-volume prep
  - If cost is an issue, your doctor can recommend an over-the-counter prep that costs significantly less than a prescription prep
  - If you have other health conditions, your doctor will consider those when making a recommendation

# Chill it, Flavor it, Drink it with a straw



- · Try using a straw and holding your nose while drinking to keep nausea at bay
- Try adding Crystal Light, Kool-Aid powder, or other flavor enhancers or mixing with water and lemon
  - Avoid liquids with red or purple dye
  - If you're mixing prep with a carbonated beverage, let it go flat before mixing
- Do not prep with your favorite beverage it may no longer be your favorite!

## Share your concerns with your doctor



- Talk to your doctor:
  - If you have questions or concerns about your prep
  - If your prep isn't going well (no bowel movements and/or vomiting)
    - You may continue with modifications or have to stop prep and reschedule

Your doctor can help you feel less anxious about the whole process.

### Prep for your PREP



- · Be thoughtful about what you eat a week prior to your colonoscopy:
  - Low residue/low fiber diets are extremely helpful
  - Consider protein shakes, soups pulverized with an immersion blender, meatloaf and mashed potatoes, and/or protein bars without nuts
- Purchase the laxative medication/solution recommended by your doctor, as well as other supplies
- · Read your prep instructions thoroughly at least one week before your colonoscopy
- · Contact your doctor's office with any questions

# Stay close to the bathroom



- · Stay close to a bathroom once you start your prep; bowel movements can happen suddenly
- · Wear loose-fitting clothing
- · Have things (e.g., books, movies, crossword puzzle) to help pass the time
- Use wipes, hemorrhoid cream, and/or diaper rash ointment for your rectum to help with soreness; reapply as often as needed
- Light a candle or circulate air in the room if sensitive to
- Walk around a little bit as to help with cramping, bloating and digestion
- · Use adult diapers for colonoscopy prep days, overnight protection and for on the way to the appointment

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https://www.virtua.org/articles/6-tips-for-an-easier-colonoscopy-prep