



## 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



- Research the different types of colonoscopy preps. They come in a variety of forms, flavors and liquid volumes
- Check the manufacturer's site for your medication to verify if they have a voucher for any potential out-of-pocket costs
- 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 chilling the prep to make it easier to drink
- 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 smells
- 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