



Hints for a Successful Bowel Preparation

In order for the physician to fully and properly examine your bowel, or large intestine, it is important to follow the bowel preparation instructions given to you.

Before your Bowel Preparation

A week before your colonoscopy, carefully read the bowel prep instructions given to you by your physician. This will give you time to purchase the prep ordered as well as ask your doctor or pharmacist any questions you may have. Also, your bowel prep might order you to stop eating some particular foods or taking certain medications a number of days before your colonoscopy. It is important that you are familiar with these instructions several days before your procedure.

Starting your Bowel Preparation

- Stock up with a variety of clear fluids including:
 - Clear fruit juice including such as apple or white grape
 - Soda pop
 - Black tea or coffee
 - Gatorade
 - Soup broth such as beef, chicken or vegetable
 - Jello and popsicles

It is important to drink lots of fluids during your prep to stay hydrated. Please avoid drinking red, green and blue coloured liquids.

- Chill your prep either in the fridge or drink it with ice.
- The bowel prep might taste salty. To lessen this taste, you can mix the prep with soda pop such as ginger ale or with iced tea mix. Drinking it with a straw can also make the salty taste less apparent.
- If you feel nauseated, you can take an anti-nausea medication such as Gravol as per package directions. Wait one hour for the medication to work as it is important that you do not vomit the prep.
- You can apply Zincofax, Penaton or Vaseline to the anal area to avoid discomfort from diarrhea.
- As the prep begins to work, your bowel movements should become watery and clear/yellow.
- Three hours before your colonoscopy, must stop drinking all fluids.



patient information

If you have any questions or concerns while taking the bowel prep, please contact HealthLink Alberta at 811.