

Helpful Tips for Colonoscopy Preparation:

1. Mix and refrigerate the prep solution the day before the prep is to start. You want the solution to be very cold.
2. Consider drinking the solution thru a straw to minimize the taste.
3. You may mix Crystal Light into the prep solution for flavoring. You may not put Crystal Light in Suprep as it is already flavored.
4. Use flushable wet wipes instead of dry toilet paper.
5. Have some tucks pads, A&D Ointment, or Preparation H available to soothe a sore bottom. Use products as needed for irritation.
6. Use A&D Ointment before and after each bowel movement.
7. Stay close to toilet facilities once you have started your colon prep.
8. Gummy bears dissolve to a clear liquid at body temperature, so they are okay to take with your prep and give you something to eat. No red gummy bears.
9. Drink as much clear liquids as possible during the prep. It will keep you hydrated and ensure that your colon gets cleaned out.
10. Prepare your favorite Jell-O flavors in quantity. Have popsicles, chicken and beef broth, white grape juice, and sports drinks on hand in large quantities. No red flavors.
11. Pat dry, do not rub.
12. Consider taking some reading material into the bathroom and staying a while instead of running back and forth.