**Tips for a Successful Colonoscopy Preparation**

A colonoscopy prep allows you to fully clean out your bowels

so your doctor can properly visualize the colon!

**Main Tips:**

* Follow the instructions given accordingly
* In order to avoid being up all night, it may be necessary to start the prep earl*ier. I started 2-3 hours earlier. E.g. My prep started at 6:00 PM, but I started the Dulcolax at 2:00 pm and drank the miralax gatorade mix at 4:00 pm.*
* Cut back on foods 24-48 hours before – The lighter you can eat before you begin the bowel prep, the easier it will be
* Remove all temptations from your living space as it will make it easier to not eat

At least 24 hours before your procedure, start your clear, liquid diet.

**Liquid Diet:**

* Clear broth
* Coffee – Black only, no cream
* Tea
* Jello-O
* Clear sodas like sprite, 7-up, ginger ale
* Gatorade

Avoid purple or red drinks

**Drinking Your Prep**

* Add gatorade
* Drink it cold
* Add ice
* The use of a straw can bypass the tastebuds

**Using the Restroom**

* Use soft toilet paper or baby wipes– Wetting the paper with minimal water can allow for a softer wipe
* Vaseline
* Bring in a tablet, computer, or a book – you may be in there for awhile

Your bowel movements should be yellow to “urine” at the end. If it’s not, contact your health provider immediately.

Hips and Pelvis Advocate