

## **HELPFUL HINTS FOR A SUCCESSFUL COLON PREP**

- 1) If you have a history of chronic constipation problems, I recommend your purchase Dulcolax laxative tablets and take 2 the morning before your exam to get things jump started and moving in addition to the usual prep.
- 2) As soon as you start the prep be near a bathroom that you can have all to yourself, that is working, and has soft toilet paper or baby wipes. If you are sensitive use Desitin ointment and pat dry instead of wiping hard.
- 3) The prep solution should not be sipped, i.e.; drink one full glass every 10-15 minutes.
- 4) If you chill the solution you will feel chilled so have a sweater available. You can drink the solution at room temperature
- 5) If the last glass or two is going to make you bring up all the previous prep, I prefer you not drink that last glass or two but instead drink extra fluids from the list provided.
- 6) There are options of flavors. Repeaters of the exam have been recommended not to add flavor as it gets very tiring. Instead wedges of lemon, lime or oranges to suck on between glassfuls helps prevent nausea or vomiting and is more refreshing.

Thank You and Good Luck!!

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