



Hints for a more successful colonoscopy prep

Problem	Suggestion
General hints	<ul style="list-style-type: none"> • Try drinking 1 cup of ginger ale before you start your prep to settle your stomach; you can also have ginger ale in between prep drinks. • Refrigerate your prep. • Can add ice to your prep to chill it • You may want to skip the flavor packages that come with the prep and use crystal light instead – regular or pink lemonade or ice tea work the best. • You may use any vitamin water or sports drink in lieu of Gatorade if you prefer.
Bloating or Nausea	Increase time in between drinking the prep i.e. 30 minutes rather than 20 minutes
Vomiting	Call physician – 410-602-7782
Bad taste	Add crystal light (no orange or red) or 1 tea bag (especially good with Movi prep)
What can I eat?	The day before your test you may not eat any solid foods. You may only have CLEAR liquids. You should make sure to drink 12 tall glasses of liquid throughout the day to prevent dehydration.
Clear Liquids	Water and Mineral Water, Clear Broth, Flavored Gelatin, Popsicles, Hard candy, Tea, Soda, Apple juice, Black Coffee- NO Creamer. NO ALCOHOL.
Meds we want you to take	Please take your morning meds for blood pressure, diabetes, arrhythmias, seizures, anxiety, thyroid, and inhalers.
Meds we want you to ask about	Blood thinners- Aspirin, Plavix, Coumadin (Warfarin), Effient, Pradaxa.
Meds not to take	Weight loss medications, Iron.

NO SMOKING the day of your procedure.

The day of your procedure do not eat or drink anything including gum and hard candy. You may brush your teeth but do not swallow.