

Tips for Taking a Bowl Prep

- Prepare yourself mentally! Decide you're going to do it.
- You should NOT work on the day of a bowel prep. Our office will provide a work release on your request.
- Eat lightly a few days before the bowel prep.
- Plan to begin the process by no later than 10 a.m., so you are done and ready for bed by a reasonable time. (You will receive detailed step-by-step instructions from our office.)
- Some find that the mixture tastes better when cold. One way to cool it quickly is to put it in a sink with ice around it.
- Try drinking the prep through a straw so the taste goes as far back in your mouth as possible. Drink as fast as you can.
- As soon as you have finished drinking the mixture, follow up with something strong tasting like chewing gum, hard candy or a spoonful of chicken broth to get the taste out of your mouth.
- At some point, the prep will begin to "work." This may take some time.
- Sometimes the prep will work faster if you take fluids like ginger ale, chicken broth, lemonade, and apple juice.
- If you have a tendency to develop hemorrhoids, be sure to have a hemorrhoid cream on hand. It contains medicine that helps ease pain.
- Stock up on your favorite easy-to-read books and magazines to help pass the time.
- Station yourself near the bathroom. Sometimes the urge to go will strike suddenly and without warning, so do some advance planning.
- Try to make sure you do not have to share the bathroom with others.