

Advice From Foundation Physicians on What to Expect During the Colonoscopy Prep

Before Starting Prep:

Understand the Instructions: Carefully read the prep instructions provided by our office. Make sure you understand the steps and any dietary restrictions.

Stay Hydrated: Drink plenty of clear fluids in the days leading up to the procedure to ensure you're well-hydrated.

Plan Your Time: Clear your schedule for the day of the prep. Choose a day when you can stay close to the bathroom and relax.

During Prep:

Follow Instructions: Stick to the prep instructions provided by your healthcare provider. Don't skip or modify any steps.

Sip, Don't Chug: Sip the prep solution slowly over the recommended time rather than chugging it all at once. This can help reduce nausea.

Use a Straw: If the taste of the prep solution bothers you, try using a straw to bypass some of the taste buds.

Stay Cool: Chill the prep solution before drinking it. Many find it more palatable when cold.

Dealing with Nausea or Vomiting:

Take Breaks: If you feel nauseous while drinking the prep solution, take short breaks to rest and relax before continuing.

Change Position: Sit or lie down in a comfortable position while drinking the prep solution. Changing positions can help alleviate nausea.

Ginger: Ginger is known for its anti-nausea properties. Try drinking ginger tea or sucking on ginger candies to ease nausea.

Clear Liquids: If you vomit after drinking the prep solution, wait about 30 minutes and then try drinking small sips of clear liquids like water, clear broth, or electrolyte drinks.

If you continue to vomit or experience severe nausea that prevents you from completing the prep, you can pick up a 10oz bottle of magnesium citrate from your pharmacy and drink that in place of the prep.

If you still cannot tolerate the prep, don't despair. Please call the endoscopy nurses at (603)577-2490 between the hours of 6:30 AM – 5:00 PM. We will reschedule your procedure and make plans to try an alternative prep. Our team will be happy to help make all the necessary arrangements.