

## **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.**