

## COLONOSCOPY PREP TIPS:

### If you are feeling sick while taking prep:

- Stop drinking the solution for at least ½ to one hour to allow your stomach to settle.
- Do not be sedentary. Get up, walk around. The onset of bowel movements vary from patient to patient, activity/walking will help with the process.
- After ½ - 1 hour start drinking the solution again. Try using a straw if the taste/ texture is what makes the solution difficult drink.
- Drink the prep solution farther apart. Remember this is not a race to see how fast you can complete the prep but rather to complete the prescribed solution to have the best prep possible for your physician to fully see all of the colon lining.
- It is easier to tolerate chilled or cold.
- You may mix the Gallon prep with crystal light.
- Prepare your favorite Jell-O flavors in quantity. Have popsicles, chicken and beef broth, white grape juice, and sports drinks on hand in large quantities. No red or purple flavors.

**If you do all of the above and still cannot keep the prep solution down then call the center at 775-829-8855. If it is after hours there is an on-call physician available.**