



Digestive Health
Associates & Center of Reno

COLONOSCOPY PREPARATION TIPS

If you are feeling sick while taking the prep:

- Delay drinking the solution for up to an hour to allow your stomach to settle.
- Pace yourself when drinking. Completion is more important than how fast you drank it.
- Use a straw if the taste/texture is making the solution difficult to drink.
- Prep is easier to tolerate when chilled.
- If you have the Gallon Prep, it can be mixed with Crystal Light.
- Avoid being sedentary. Get up, walk around. The onset of bowel movements vary from patient to patient. Activity/walking will help with the process.
- Prepare your favorite Jell-O flavors in quantity. Have popsicles, chicken and beef broth, white grape juice, and sport drinks on hand.

(Nothing red or purple in color)

If you have tried all the above tips and still cannot keep the prep solution down, please call (775) 829-8855.

There is an on-call physician available for after-hour calls.

**Procedure Location:
5250 Kietzke Lane
Reno, NV 89511**

*Clear liquid diet, frequently asked questions, procedure tips and more can be found at
www.digestivehealthreno.com