



Bowel Preparation Tips

- ✓ Allow the preparation to warm closer to room temperature
- ✓ Drink the preparation slower. You should also drink the clear liquids, such as water to stay hydrated, slowly. Remember, the times given are *guidelines*, not exact times
- ✓ If you develop nausea and/or vomiting, try drinking the preparation through a straw
- ✓ To assist with the taste of the preparation, you may add Crystal Light Lemonade or flavorings made for water such as Mios

Remember, DO NOT USE red or grape colored flavorings

- ✓ You can expect cramping pain, gas, bloating, nausea and/or vomiting, as this is true for all bowel preparations
- ✓ Medications: Unless specific instructions were provided to you otherwise at your office visit, you may take your medications with sips of water the morning of the procedure

Call (757) 206-1190 for any questions or concerns