GRANGER
MEDICAL CLINIC

Alison Oakes, MD
David H. Oelsner, MD
office 801.965.3698

Colonoscopy Prep Tips

3 days before your procedure:

Eat a low fiber diet. **Avoid** raw vegetables, fruits or vegetables with skins or seeds (e.g., tomatoes, corn, squash, etc.), whole grain foods (e.g., breads, crackers, cereal, etc.), popcorn, nuts, and seeds.

1 day before your procedure:

Make sure you refrigerate the bowel prep, so it's cold.

If you have a sensitive stomach, it's okay to start the prep 1-2 hours earlier than instructed.

Try drinking the prep through a straw placed at the back of your tongue.

You can add NON-RED flavorings to the prep to enhance the flavor (e.g., Crystal Light or Gatorade powder, Mio drops, etc.).

In between glasses of prep, try the following:

Sipping clear soda, seltzer water, Sprite, or ginger ale

Biting a lemon

Sucking on a piece of hard candy

If you have nausea, slow down the first half of the prep and start the second 1-2 hours earlier than instructed.

**THE MOST IMPORTANT THING IS TO FINISH ALL OF THE BOWEL CLEANSE.
AN UNCLEAN COLON RESULTS IN A LESS ACCURATE COLONOSCOPY,
AND A HIGHER CHANCE OF MISSING POLYPS OR OTHER ABNORMALITIES.
THIS MAY REQUIRE A REPEAT EXAM AND ANOTHER BOWEL CLEANSE.**