

## Bowel Prep Practical Tips - HCB2 has got your back!



Follow ALL the instructions from the doctor. The following are extra suggestions to make the bowel prep comfortable. The doctor can only see polyps when the colon is clean so follow the doctor's instructions and HCB2's suggestions to complete an easy prep and to obtain a clean colon.

### **Two Days Before the Colonoscopy Procedure:**

What goes in, must come out so it's best to eat a lighter diet of easily digestible foods. Avoid heavy creams, cheeses, fatty meats and processed foods.

### **Prep Day: The Day Before Procedure:**

If you are allowed to eat breakfast, a scrambled egg, toast with 1/4 avocado, or a banana are good choices.

Do not drink too much liquid too quickly. With limited food, a full belly of liquid can cause nausea. Pace yourself and stay hydrated.

Drink the medicated fluid through a straw if you do not like the taste of the medication.

Stay close to the bathroom once you have begun your prep. There is **NO PAIN** when your bowels become loose. You just may not have much time to get to the bathroom once your bowels begin to move.

At bedtime, do not lie flat on your back. Try to sleep on your right side to alleviate any nausea.

### **Day of Procedure:**

Wake early enough to drink clear liquids before you are instructed to stop all fluids. Relax and read or do something enjoyable until it is time to leave for your procedure. The 'hard' part is over. The procedure will not be difficult.

### **After Procedure:**

You may experience some gas and this is quite normal. Lie on your left side to help expell the gas. You are clean, so there usually is no foul odor from the release of gas.

Eat a non-greasy, non-fried, non-spicy first meal. Remember, your colon is clean so there is limited friendly bacteria in your gut to breakdown food. Be kind to your stomach.

Taking a probiotic and cooking with coconut oil is a great way to help rebuild colonies of gut friendly bacteria within the digestive tract.

Congratulations on completing the procedure! Tell someone how easy it was and possibly save a life!

### **Items to have on hand:**

- Lemon and/or Lime jello (no red food dye)
- Clear fruit juice (i.e. White Grape Juice, Coconut Water)
- Lemon or Lime popsicles
- Ginger Ale
- White Tea
- Chicken Broth
- Flushable wet wipes (Much more comfortable than dry toilet paper)
- Vaseline or Coconut Oil for an irritated rear-end