

## GENERAL HINTS AND REMINDERS

- **You will need to remove any jewelry including facial and body piercings before your procedure.**
- The laxative will vary in how quickly it works from patient to patient. You may experience diarrhea within an hour, or you may not start until after taking the second half of your prep. It is important to complete the entire prep as directed, even if you are having clear bowel movements before taking the second dose. **If you have finished your prep and your output is still brown/cloudy, please call the clinic after 6 am.**
- Rinsing your mouth and gargling with mouthwash can eliminate any aftertaste between doses of preparation liquid.
- Drinking the prep through a straw placed at the back of your mouth, putting a lid on your cup, and sucking on a hard candy or cough drop can also help while you take your prep.
- To decrease the chance of nausea, you may take one Zofran tablet 30-60 minutes prior to taking your prep. If you become nauseated or vomit, you may repeat Zoran one time.
- If you feel nauseated or bloated while taking the prep, you may stop the prep for 30-45 minutes one time and then resume.
- Consider trying flushable baby wipes to help avoid irritation from wiping with toilet paper.
- You may use Vaseline or any water-soluble lubricants for relief from any rectal irritation. **DO NOT** use Desitin ointment.
- Be prepared to describe your last few bowel movements. You will be asked about the color and appearance to make sure the preparation has worked.
- If you use reading glasses, please bring them with you as you will be asked to read and sign a consent form and discharge sheet.
- Support persons are welcome in the pre-op and recovery areas. They are welcome to remain in the waiting room during your procedure. We encourage a support person to be present when you are discharged and for at least 24 hours after your procedure.
- You will be sedated for your procedure. Please avoid alcohol and making legal decisions for the remainder of the day after your procedure.
- Because of the sedative you will be given, you should not work or drive after your procedure for the remainder of the day. Plan for someone to drive you or escort you home if you are taking a taxi, Uber, or public transportation.
- See FAQs for additional information.