

Preparing for Colonoscopy

Properly preparing for a Colonoscopy is very important.

“What happens is the day before the test you begin by consuming clear liquids, and we give you medicine to take to clean out the colon.”

In order to see the lining of the colon clearly, and to avoid complications, your bowel must be completely empty.

If it isn't, your healthcare provider may not be able to perform the procedure.

Ask what preparation method is best for you. And make sure you read and follow the instructions closely.

Here are some general guidelines for colonoscopy preparation.

Several days before your procedure you'll be asked to start drinking more liquids in order to prevent dehydration.

The day before your procedure you may be asked to eat and drink only clear liquids.

This means you can eat things like strained soup or bouillon, but don't eat solid foods.

Also don't eat clear foods that have red food coloring in them, like red jello, sports drinks, and popsicles.

You will take a laxative, pills, or a cleansing solution before the exam to completely cleanse your bowel.

Laxatives and solutions will have to be repeated until there is nothing solid in your system.

Talk to your healthcare provider about what type of prep medicine is right for you. And make sure to take the full prep ordered for you.

When using laxatives and cleansing solutions remain at home and close to the bathroom.

In almost all cases, you will not be able to eat or drink anything several hours before your exam.

Tell your healthcare provider what medicine you are taking, such as blood thinners or diabetes medicine. They may ask you to stop taking them or change them a few days before your colonoscopy.

Preparing for a Colonoscopy can be frustrating and uncomfortable for some.

By properly preparing for your colonoscopy and following your healthcare provider's instructions, you are doing all you can to make sure that your procedure goes as smoothly as possible.