Bradenton
Surgical Group

# *HOW TO SURVIVE A BOWEL PREP*

200 Third Avenue West, Suite 110
Bradenton, FL 34205
941.744.2700
941.744.2705 Fax

Many of us have endured this process before you, and here is what we have learned:

ÅPrepare yourself mentally! Decide youôre going to do it, and just do it!

ÅEat lightly a couple of days before the bowel prep. Begin a low fiber diet - Avoid eating bran & whole grain cereals, beans, raw fruits & vegetables, cabbage, nuts, raisins, or seeds (e.g. sunflower or sesame seeds).

ÅSome find that the mixture tastes best ice cold. One way to cool it quickly is to put it in the sink with ice all around it.

ÅYou may want to drink the mixture through a straw so the taste goes as far back in your mouth as possible. Drink it as fast as you can.

ÅAs soon as you have drunk the mixture, follow up with something strong tasting, such as your favorite flavored chewing gum, hard candy, or a spoonful of chicken broth to get the taste out of your mouth. Make sure whatever you follow up with is on your physician's list of approved liquids.

ÅAt some point the mixture will begin to "work". This may take some time. It seems to help things along if you drink approved liquids in between the "cocktails". Liquids such as ginger ale, chicken broth, lemonade, apple juice, are usually the most appealing. Remember to check with your physician for a list of what liquids are allowed.

ÅIf you have a tendency to develop hemorrhoids, be sure to have a hemorrhoid cream on hand. It contains a little bit of "local anesthesia" to ease the discomfort. You'll be happy you did so.

ÅIf you feel yourself getting sick after drinking the umpteenth glass, try holding a sachet pillow to your nose, or a handkerchief scented with your favorite perfume or essential oil.

ÅStock up on your favorite, easy-to-read books and magazines. You will need something to pass the time away.

ÅStation yourself near the bathroom. Make yourself a little nest that's a short dash to the bathroom. Have near you the TV, your books and magazines, your bowel prep cocktail, other approved liquids, pillows, and blankets. The urge to go will strike suddenly and without much warning, so be prepared for this little adventure by doing some advance planning. And try to make sure you do not have to share the bathroom with others during this time.

*Good luck! And remember: many have gone before you and survived!*

**SPECIAL NOTE:** If you have an adverse reaction to the bowel prep solution, call our office 744-2700 immediately.