

# Northwest Gastroenterology Specialists

## Colonoscopy Preparation Tips

### Drink plenty of liquids and don't starve!

Apple juice, Chicken bullion as well as blue, green, or yellow Jell-O are great to control the hunger pains. If absolutely needed, a small amount of white rice is acceptable.

### Drink gently

Refrigerate the preparation to help with the taste. If nauseated, wait 15 minutes and resume the prep.

### Have lime or lemon wedges prepared

Sucking on a cut piece of a lime or lemon between sips of the prep can help with the blunt taste

### Sit ringside

Always be close to the bathroom to prevent an accident. Put a chair in the bathroom and read a book or play on your laptop.

### Sore bottoms

Buy some tuck pads (or the generic Witch Hazel) and use it after each bowel movement.

### Dress for the occasion

Skips buttons. Sweat pants and top are great to pull on and off at the procedure.

### Do not over eat after the procedure

Have a small lunch and if you feel well afterwards, then enjoy your favorite dinner.

### No driving

Since you will be sedated for the procedure, do not drive for 24 hours after the test. Do not make legal decisions or engage in activities where you could risk injury.

### Understand your insurance plan

Generally, Screening Colonoscopies are free for patients 45 years and older, however, if a polyp is removed, the procedure may be considered a Diagnostic Colonoscopy. In the case of a biopsy, you may be responsible for your deductible, copay, etc. Check with your insurance to ensure that Avista Adventist Hospital and the Physician are In-Network.

Centura Health Physician Group



**Northwest Gastroenterology  
Specialists**

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