

Preparing for a Colonoscopy

Getting a colonoscopy on a regular basis is recommended for patients with Crohn's disease and ulcerative colitis. Colonoscopy is used to monitor disease activity and to detect colorectal cancer or precancerous changes in the colon. An excellent bowel preparation is important for a quality exam. Here are some tips to help you prepare for this test:

1

Review bowel preparation instructions 1 to 2 weeks in advance, so your questions can be answered.



2

In most cases, you will have a diet low in raw fruits, vegetables, seeds, nuts, or anything that may add residue to the stool. You may also take clear liquids the day before your colonoscopy.



3

To clean out your colon, you will drink a liquid solution. There are several available. Discuss with your physician which one is right for you.



7

If you have trouble finishing the preparation, here are some tips:

- » Refrigerate the solution.
- » Try drinking through a straw.
- » Temporarily stop, walk around.
- » Call your doctor if you experience nausea or vomiting.
- » Drink the solution over ice.
- » Ask your doctor if you can add anything to the solution for better taste.



6

If you have completed the preparation and your stools are not clear, call your doctor's office. Additional bowel cleansing may be needed before your procedure.



5

Bowel preparations that are split into two doses are usually better tolerated and give better cleansing.



4

In most cases, the bowel preparation is given in two doses, also known as a "split prep."

- » Half of the solution is taken the evening before the colonoscopy.
- » The remainder is taken on the day of the procedure, usually 4-6 hours before the colonoscopy.



Have a Question?



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