

### Tips for Easier Bowel Prep

- Keep the prep cool in the refrigerator – mix the prep ahead and have it chilled in the refrigerator before you drink (it's like cold vs warm beer).
- Drink or add a flavored mix (from the clear liquids list) to your prep.
- Try drinking the solution with a straw.

### Alternative Prep When Experiencing Nausea and/or Vomiting Or Unable to Tolerate the Prep

1. Wait 30 minutes
2. Try to slow down on drinking the prep to every 30 minutes or slower.
  - a. If you are better, then continue until you are finished drinking the prep.
3. However, if you are unable to consume the entire prep.
  - a. First: go to the pharmacy and buy two Dulcolax tablets, two 32 oz Gatorade bottles (not red or purple), and 238 gm of Miralax.
  - b. Take the two Dulcolax tablets at one time and mix ½ of the Miralax in the 32 oz of Gatorade. Mix until dissolved.
    - i. Drink 8 oz of the Gatorade Miralax mix every 15 min (or slower) until it is gone.
  - c. Wait 4 hours.
  - d. If stool is still not clear, mix the other ½ of Miralax with another 32 oz of Gatorade. Drink 8 oz every 15 min (or slower) until gone.
4. If you have completed one dose of the prescribed prep (DOSE 1), then only complete step 3b listed above.

#### **Prep questions will not be answered after hours.**

Call the office at **412-232-8104** after 8:30am on the morning of the test if still having solid or brown stools.

- If your test is scheduled before 9:00am, call **412-232-8104** and ask the answering service to connect you to the office.
- You should call the office if vomiting blood or passing blood per rectum.