

## Hints to Help with a Bowel Prep

1. Prepare yourself mentally! Decide you're going to do it, and just do it!
2. Eat lightly a couple of days before the bowel prep. Eat more fruit and green vegetables and reduce meat and dairy products. This will make it easier for your bowels to empty.
3. Some 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.
4. As soon as you have drunk the mixture, follow-up with something strong tasting, such as your favourite flavoured 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".
5. At 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.
6. Use baby wipes to wipe your bottom. Get the all-natural, alcohol-free, aloe vera, unscented version. These will really save your bottom once you begin going often. Applying Vaseline after a stool can help, too. If you have a tendency to develop haemorrhoids, be sure to have a haemorrhoid cream on hand. It contains a little bit of "local anaesthesia" to ease the discomfort. You'll be happy you did so!
7. If you feel yourself getting sick after drinking the umpteenth glass, try holding a sachet pillow to your nose, or a handkerchief scented with your favourite perfume or essential oil. If other drinks are allowed (check with your physician), try a slice of fresh ginger in some boiling water (ginger helps relieve nausea).
8. Prepare the bathroom for your ordeal. You will be spending a lot of time in there! Clean it if you think the corner fuzz balls will make you crazy after a while. Make it cosy with a bunch of flowers or some nice candles.
9. Stock up on your favourite, easy-to-read books and magazines. You will need something to pass the time away.
10. Station yourself near the bathroom. Make yourself a little nest that's within 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.