

Bowel Prep 101

The day before your colonoscopy, you will need to stick to a strict liquid diet. To make the best out of the situation, be sure to have plenty of the following on hand:



- Water
- Soda (the bubbles trick your body into thinking it's full)
- Gatorade and Powerade
- Clear broth
- Jell-O
- Pulp-free juice
- Coffee & Tea
- Popsicles
- Honey

Avoid...

- Anything dyed red, purple, or blue
- Pulp
- Dairy and Creamers

Sample Diet

Breakfast

1 glass pulp-free juice
1 bowl Jell-O
1 cup coffee or tea

Snack

1 glass pulp-free juice
1 bowl Jell-O
1 popsicle

Lunch

1 glass pulp-free juice
1 glass water
1 cup broth
1 bowl Jell-O

Snack

1 popsicle
1 cup coffee or tea

Dinner

1 cup pulp-free juice

A Few Tips:

- Have someone do the cooking so you don't have to while you're taking the prep. That's just mean!
- Avoid having guests over while you prep.
- Ask for some alone time. Have the kids spend the day at a friend's house. Ask your husband or wife for privacy

Make Sure to Have:

- Have a book handy. You'll be spending your day on the porcelain throne so you might as well have some company!
- The softest toilet paper money can buy.
- Baby wipes. Yes, you read that right
- Diaper rash cream. You'll thank us.

Try Your Prep:

- After putting it in the freezer for 2 hours
- With a straw
- With Gatorade
- With Crystal Lite Powder
- With Sprite or 7-Up

