

## Helpful Hints for All Preps

- Use the “good” toilet paper or baby wipes during the prep.
- Protect your skin during the preparation. You can use anything you have in your cabinet, like A & D ointment, Balmex, Desitin, or Vaseline. Use it after every trip to the bathroom. This will prevent your skin from getting sore.
- Stay well hydrated. You lose a lot of fluid during the prep. Drink at least as much as the directions tell you to.
- The end result of the cleansing needs to be liquid. Most often it is yellow in color and not crystal clear. There may be small flecks of sediment in it.
- If you normally drink coffee, it is fine to have a cup during your prep.
- If you get a headache, it is fine to take something for it during your prep.
- You may have milk and yogurt (even frozen) but, it must be smooth in texture. No fruit pieces, seeds or nuts!
- It may take a while before the first dose of prep starts to work. You may have urgency, so stay near a bathroom. This is not the time to go shopping.

**If you are unable to keep your appointment, please call to reschedule as soon as possible. We request that you call at least 3 business days before your procedure is scheduled, so we can offer that time to another patient. We reserve the right to charge a penalty fee for patients who “no show” or cancel without adequate notice or explanation.**