

## HELPFUL HINTS

- Rapidly drinking a glassful is better than sipping. A straw may be helpful.
- Sucking on hard peppermint candies periodically may be helpful.
- If you have severe abdominal discomfort or distention (bloating), stop drinking the prep for 30 minutes and then resume. If the discomfort continues, stop drinking until the discomfort is relieved, and then resume drinking the prep.
- **It is not uncommon to feel cold or chilled while drinking the prep**
- You will have diarrhea, which can be quite sudden. This is normal. Be sure the bathroom is convenient.
- Your final returns, after completing the prep, should look like urine or water.
- Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- It is common to experience abdominal discomfort that may last 2 to 4 hours, and occasionally significantly longer
- Rectal skin irritation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes, or Tucks pads. Avoid products containing alcohol. If you have a prescription for a hemorrhoid cream, you may use it. Do not use suppositories.