

TIPS FOR YOUR BOWEL PREPARATION

Colorectal Surgery Services

Your doctor has given you instructions for a bowel preparation. A bowel preparation is needed to clean your bowel or intestines before your procedure or surgery. There are some simple things that you can do to make the preparation easier.

You may consider having available or using the following things.

- **Baby wipes.** Huggies® brand, flushable baby wipes are easy to use. These should be kept by the toilet because you will have frequent watery stools. The baby wipes are much gentler on your skin than toilet paper. Cleaning pads such as Tucks or Fleet® relief pads (both over the counter) may help relieve some of the discomfort. Placing the baby wipes or relief pads in the refrigerator between uses may help.
- **Baneol® cream** may be used with the wipes to help clean the area.
- Avoid hard rubbing when cleansing the area. Gently pat the area instead.
- Over-the-counter **topical creams** such as Desitin Creamy, Nupercainal ointment or A&D ointment, **Plain petroleum jelly** or **Aquaphor®** can be applied to the outside of your anus after each stool. They are inexpensive but work well.
- Frequent walking while taking the preparation helps ease the bloating.
- Have **clear liquids** on hand to eat or drink.
- **Be sure to follow the bowel preparation instructions.** If your bowel is not clean, your procedure may not be able to be done. You may have to repeat the preparation.
- Consider squeezing some lemon juice into the preparation. Pouring it over ice or placing it into the refrigerator before taking it may help. This makes it easier to tolerate.
- Rinse out your mouth with cold water or flavored mouthwash after each glass.
- Suck on hard candies or lollipops after each glass. (No red or purple)
- Use a straw and drink each glass quickly.

These written instructions **do not** replace a discussion with your physician or nurse. They may give you other instructions. Feel free to ask questions, come back for a visit or call if you are unclear about your diagnosis, treatment plan or these directions.

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