



Tips For Colonoscopy Preparation

- To reduce any anal discomfort, use adult wet wipes or a water spray to clean the rectal area instead of toilet paper.
- Applying barrier cream to your anal area can help reduce discomfort.
- Keep plenty of clear liquids on hand to drink. Water gets boring and staying hydrated is important.
- Follow the doctor's instructions. You wouldn't want to have to do the prep all over again because you didn't get it right the first time