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## TIPS FOR IMPROVING THE EFFECTIVENESS OF YOUR PREP

### A good prep is essential for a successful procedure!!

If you are not satisfactorily “cleaned out”, your physician may have difficulty examining all areas of your colon or it may even result in cancellation of the procedure!

We realize that the prep is probably the most difficult part of the whole procedure, but you’ll get through it...just follow these suggestions, as well as all your other instructions!!

- ❖ **READ and FOLLOW ALL YOUR INSTRUCTIONS CAREFULLY!!** If you have questions call the office 732-349-4422!!
- ❖ Take the prep that has been ordered exactly as prescribed. Drink all the prep mixture! This will help ensure that the **entire colon is cleaned out**.
- ❖ Stay on your **clear liquid diet** starting the day before your procedure, at the time prescribed! This includes all the juice (no pulp), soda, tea, coffee, broth, Jell-O, ice pops, and Italian ice you want! Just remember, **nothing red in color!!** A tiny bit of milk in coffee is permitted.
- ❖ **Drink lots and lots of water**, as well!! We find that those patients that drink at least eight (8oz) glasses of water have the best preps!! But remember **you must stop drinking (and , of course eating) anything 4 hours before your scheduled procedure** time- otherwise your procedure may be cancelled or delayed several hours.
- ❖ For even better results, try a **low residue diet** on the day before you start your prep and clear liquids. This may lessen the residue in your colon before the procedure. It just means avoiding foods that are fried, whole grain products, raw veggies and fruits. This the opposite of the High Fiber diet that we normally recommend to most all our patients and is only recommended for the day before you start your prep !