



## Bowel preparation for your National Bowel Screening Programme colonoscopy – tips from bowel screening nurses

### What happens to your body during bowel preparation?

- Lots of bowel motions are to be expected, to clean out your bowels.
- These motions are usually runny.
- Your bottom may get sore.
- Some side effects could be dizziness and fainting.

### What can I do to help myself?

- If you feel bloated, try a short walk. **Do not** drink carbonated / fizzy drinks such as lemonade or ginger ale as this will make the bloating worse.
- If you feel cold or shivery, wrap up warmly.
- If you feel sick, have a break or slow down drinking the bowel preparation.
- Cleaning your teeth and tongue may help or use a straw.
- One or two barley sugar sweets may help with the taste.
- Anal soreness may occur due to multiple bowel motions. Apply Vaseline to anal area before starting the bowel preparation and after each bowel motion to minimise this.
- Have a support person with you if needed.
- Stay close to your toilet at home.
- Use soft toilet wipes.
- To make the bowel prep more tolerable try adding flavoured water drops that can be found at your local supermarket in the fizzy drink aisle.
- Try adding ice or putting the bowel prep in the fridge once made up.
- Drink lots of clear fluids up to two hours before your appointment time.
- Call us if you are unsure or feeling unwell when taking bowel preparation.
- **Do not** drink only water to replace the fluid losses as it may lead to electrolyte imbalance and possibly seizures. Please try drinking at least two different types of fluid from the list below.

### Approved clear fluids: Nothing red or purple as this will stain the bowel

Water

Clear broth / bouillon

Clear apple or orange juice

Yellow-coloured jelly

Black tea or black coffee

Yellow or orange barley sugars

Gastrolyte: **not red or purple**

Clear salty fluids, eg, strained chicken noodle soup.

Strained Miso soup

Herbal teas: Ginger tea, green tea or peppermint tea

Lemon or lime-flavoured electrolyte drinks, eg, Replace,

Gatorade or Powerade