



Alyn L. Adrain, M.D.
Valley C. Dreisbach, M.D.
Tian Gao, M.D.
Neil R. Greenspan, M.D.
Daniel Greenwald, M.D.
Brett D. Kalmowitz, M.D.
David Schreiber, M.D.
Samir A. Shah, M.D.
Jeremy Spector, M.D.
Jaelyn DeCoursey, PA-C

Helpful Hints

- Use the “good” toilet paper or baby wipes during the prep. To help protect your skin during the preparation, you can use A&D ointment, Desitin, Balmex or Vaseline. Use it every trip after the bathroom to help prevent your skin from becoming sore.
- Stay well hydrated. You can lose a lot of fluids during the prep. Drink at least as much as the directions instruct you to do.
- The end result of the cleansing needs to be liquid. Most often it is yellow in color. The goal is to have it as clear as possible.
- If you normally drink coffee, it is OK to have a cup during your prep.
- If you get a headache, it is OK to take Tylenol (acetaminophen) or Advil (ibuprofen) during the prep.
- Try sucking on a lemon or lime wedge after each drink of bowel prep.
- Chill the bowel prep in the refrigerator.
- Drinking the prep through a straw may blunt the taste.
- It may take a while before the first dose of the prep starts to work. You may have urgency so stay near a bathroom. This is not the time to go out shopping!
- Wear loose fitting, comfortable clothing to the procedure.

Make sure you have **someone to drive you home** from the colonoscopy. You will not be able to drive for 24 hours. You **cannot take public transportation** (no bus, taxi, Uber, etc) unless a responsible adult is with you.

If you are unable to keep your appointment, please call to reschedule as soon as possible. We request that you call at least 3 business days before your procedure is scheduled, so that we can offer that time to another patient. We reserve the right to charge a penalty fee for patients who “no show” or cancel without adequate notice.

Rhode Island

44 West River Street, Providence, RI 02904

333 School Street, Pawtucket, RI 02860

One Commerce Street, Lincoln, RI 02865

Telephone 401-274-4800 FAX 401-454-0410