

Tips for common colonoscopy preparation problems

These are some of the most common issues we hear from people as they are preparing for their colonoscopy. We've added our suggestions for how to manage these issues. If you have any questions about your prep, please call our office at 207-294-8540. We are open from 8am-5pm Monday through Friday.

Help! I feel bloated!

Sometimes the Miralax solution can cause your belly to feel bloated and uncomfortable. If this happens to you:

- Get moving! Try a brisk walk around your house, up and down the stairs or around the block.
- Take a 30 minute break from drinking the Miralax solution and sip warm liquids instead. Try clear tea, black coffee or warmed apple juice.

If you are still bloated after a 30 minute break, continue prep as best as you can. Eventually things should move.

Help! I feel sick to my stomach!

Some people may feel like they need to vomit or that their stomach is unsettled. If this happens to you:

- Take an hour break from drinking your Miralax solution
- Drink clear fluids instead
- Move around

Start back with drinking your Miralax solution after an hour.

Help! The Miralax solution made me vomit!

In some situations, your stomach may react to the Miralax and cause you to vomit. If this happens to you:

- Take an hour break from drinking your Miralax solution
- Drink clear fluids instead
- Move around

Start back with drinking your Miralax solution after an hour.

Help! The Miralax solution tastes horrible!

We wish we could make it taste better for you. Here are some tried and true tips to make it a bit easier:

- Try chewing gum in between sips
- Mix your Miralax with a lemon flavored liquid like Crystal Lite Lemonade or Lemon Lime Gatorade
- Try to drink your solution through a straw

Call our office in the morning if you are still having trouble with drinking your solution.

What if I can't finish my prep?

If you are not able to complete your prep by 7 am the morning of your procedure, please call our answering service at 207-283-1427. This will page the provider on call and let the office know.

If you have questions

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