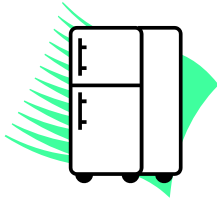
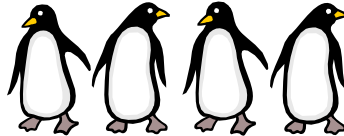


Colonoscopy tip sheet....

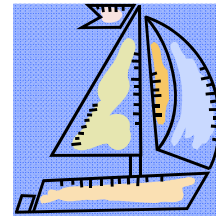


Refrigerate the prep...Drink it cold. A straw may help.



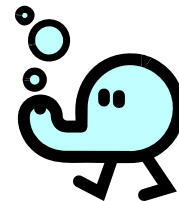
Start your laxative prep a little earlier.....
(as early as 3:00 p.m., but no later than 5:00 p.m.)

Drink enough water and other clear liquids to..... "Float a boat".



No solid food the whole day of the prep.
"If you have to chew it ...don't do it!"

Over the counter "anti-gas" drops or pills may help relieve excessive gas.



Use baby wipes and/or Balneol cleansing cream or lotion during the prep. Toilet paper can cause irritation.