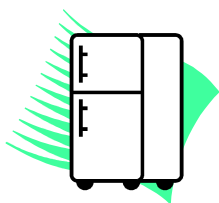
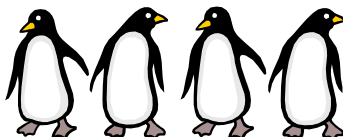


# Colonoscopy tip sheet....

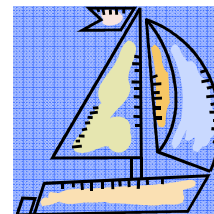


Refrigerate the prep...Drink it cold. A straw may help.



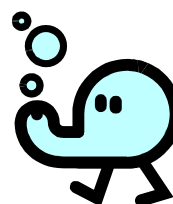
Start your laxative prep a little earlier.....  
(as early as 3:00 P.M., but no later than 5:00 P.M.)

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 help relieve excessive gas.



pills may



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