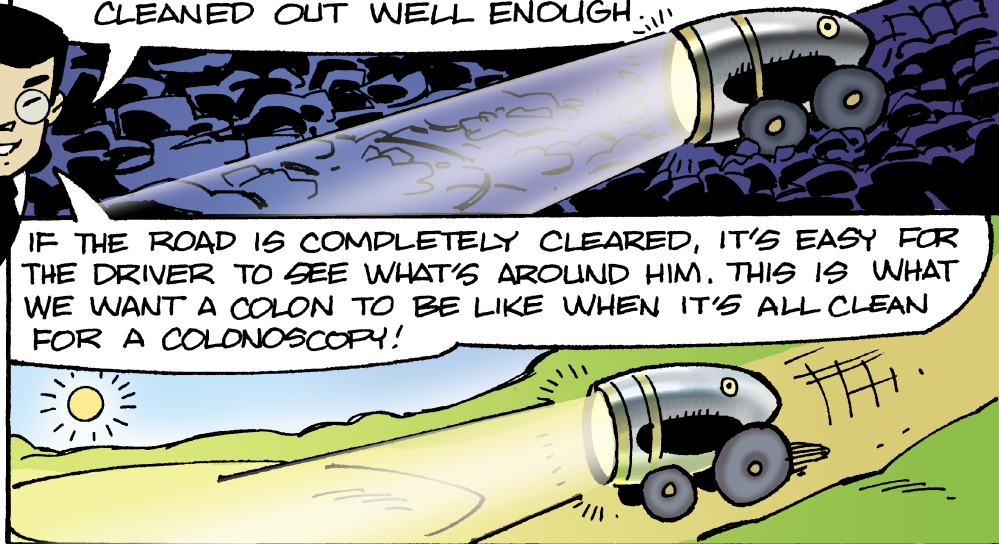
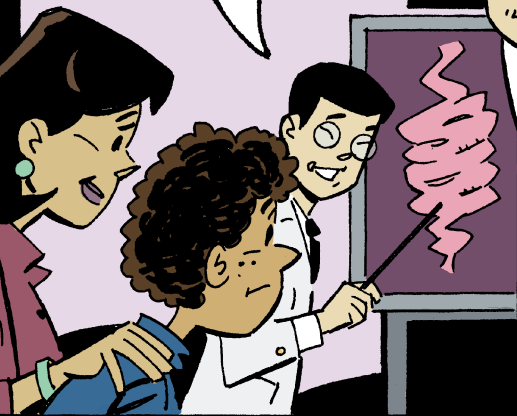


BOWEL PREP? NO SWEAT!

FOR YOUR COLONOSCOPY, WE NEED TO SEE THE WALLS OF YOUR INTESTINES CLEARLY. IMAGINE THE COLONOSCOPE IS LIKE A CAR DRIVING DOWN A LONG, WINDING ROAD.

IF THE ROAD IS COVERED WITH THINGS LIKE SNOW AND TRASH, THE DRIVER CAN'T SEE WHERE HE'S GOING. HE MIGHT HIT A POTHOLE OR MISS A TURN. THAT'S WHAT IT'S LIKE IF THE COLON HASN'T BEEN CLEANED OUT WELL ENOUGH...

IF THE ROAD IS COMPLETELY CLEARED, IT'S EASY FOR THE DRIVER TO SEE WHAT'S AROUND HIM. THIS IS WHAT WE WANT A COLON TO BE LIKE WHEN IT'S ALL CLEAN FOR A COLONOSCOPY!



I CAN'T HAVE THAT-- I NEED TO BE ON A "LOW RESIDUE DIET."



LOW RESIDUE DIET TIPS • NO SEEDS, NUTS, RAW OR DRIED FRUITS.

GREAT! DRINK AS MUCH **CLEAR** LIQUIDS AS YOU WANT!



NOT CLEAR [Diagrams of food items with red 'X' marks over them: a sandwich, a banana, a glass of milk, a bowl of cereal, and a piece of fruit.]

TIME TO START THE PREP! NOTHING TO EAT FROM NOW ON! AND YOU'LL NEED TO STAY NEAR THE TOILET!

