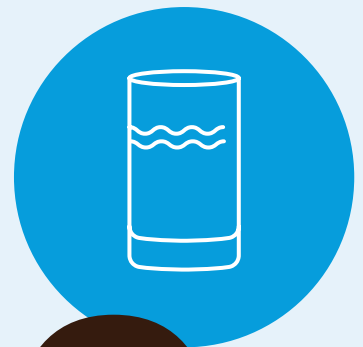


PREPARATION FOR YOUR COLONOSCOPY OR FLEXIBLE SIGMOIDOSCOPY PROCEDURE



Carefully follow the bowel preparation instructions that have been sent to you.

Drink lots of water whilst taking the bowel preparation.



Expect some abdominal discomfort whilst taking the prep – this is normal.



Take your regular morning medications **EARLY** in the morning with sips of water – especially your blood pressure tablets.



YOU MAY HAVE TO BE RE-BOOKED IF YOU DO NOT FOLLOW THE INSTRUCTIONS.