



Search Site

[Home](#) [Articles](#) [About](#) [Videos](#)



FEATURED ARTICLES

Things to Consider before Undergoing LASIK Eye Surgery



Who wouldn't want to gain back their 20/20 [vision](#)? The LASIK eye surgery has increased in popularity over the past few years, encouraging more people to undergo the said procedure. Learn about the things you should know before undergoing the surgery.

Easing Night Sweats Discomfort



Experiencing excessive sweating at night can cause a lot of discomfort. This condition is known as night sweats and there are simple ways to alleviate the uneasiness that it brings.

Death by French Fries?



Almost every one loves french fries. They're one of the most common side dishes in American fast food chains. However, there are things about these fries that you should know.



How to Pick the Best Multivitamin for You



Blueberries: The Antioxidant Powerhouse



Does Vitamin C Really Fight Colds?

1 / 4

Four Tips for a Stress-free Colonoscopy

Posted by [Karen Spiegelman](#) on November 19, 2012

According to the [American Cancer Society](#), about one in 20 Americans will develop colorectal cancer. Because of the frequency of cases and the effectiveness of early-stage treatment, the ACS recommends that even people who have no risk factors for colorectal cancer should have a colonoscopy every 10 years, starting at age 50, and those with increased or high risk should start even earlier. Thus, at some point in your life, you will find yourself facing the scope. But don't let the prospect scare you!

With a little foreknowledge, a colonoscopy doesn't have to be frightening. Here are four tips, culled from personal experience and [online](#) sources.

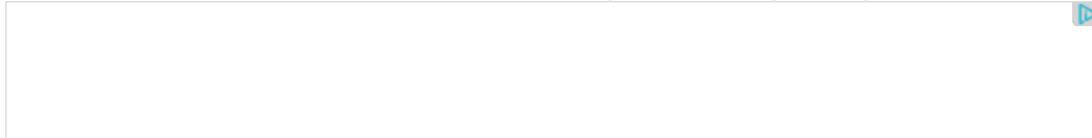
1. Listen to your doctor. Get preparation instructions in writing, and tell your doctor if you are taking any medicines and supplements.
2. Stock up on clear fluids, such as apple juice, ginger ale, and broth. Make light-colored gelatin ahead of time, because that's all you will be able to eat in the 24-48 hours before

the



procedure. Thank goodness, black coffee is usually allowed.

3. The colon pre-cleanse treatment will be disgusting. Drinking it is by far the nastiest part of the whole situation for most people. You will likely feel like vomiting, and maybe



anything about – the events of the day.

Remember, a couple days of discomfort or inconvenience are well worth the potential to head off a lethal disease. And if [Katie Couric](#) can get a colonoscopy in front of millions of viewers on live TV, you can handle one in private.

[Photo Credit: By U.S. Navy photo by Mass Communication Specialist 2nd Class Chad A. Bascom [Public domain], [via Wikimedia Commons](#)]

Related Posts :



[Prostate Cancer: Symptoms and Causes](#)

If you're male, at least 65 years old, and have prolonged exposure to an unhealthy environment or engaged in unhealthy habits, you may be a candidate for prostate cancer. Know more about the symptoms and causes of the second leading cause of cancer death in America.



[Five Things Your Doctor Won't Tell You During a Checkup](#)

Doctors mean well. They ask you questions about how you feel during an appointment, make a diagnosis, and give you their recommendation on what is the best treatment plan for your condition. However, there are things that your doctor would rather not let you know for professional reasons.

