



BlueResourceSM – Protecting Your Health – Overcoming Colonoscopy Fears

Not On Your Bucket List? This Lifesaver Should Be

If you dread having a colonoscopy, you're not alone. This cancer screening triggers stress and anxiety in many people. Others are put off by the at-home prep. Sure, it may not be fun, but a colonoscopy can be lifesaving. These tips can make it easier.

Remove the mystery. Talk to your doctor. Ask for details about what to expect. Reduce your fear by understanding each step of the screening.

Pair prep with some fun. Watch a movie or read between trips to the bathroom. Listen to music or a podcast. Take the focus off the unpleasant side of prep.

Get creative. Think outside the box on the day you need to stick to a liquid diet. Enjoy popsicles, clear soda or apple juice. Stay away from drinks with dye.

Focus on breathing. Use slow steady breaths on the day of your screening. Go to your Zen place until the anesthesia kicks in. Wake up knowing it's behind you!



Schedule your colonoscopy.

Sources: *Five Tips for Stress-Free Colonoscopy Prep.* Alabama Colon & Rectal Institute. 2024.
Colorectal Cancer Screenings Require Building Trust With Patients. UCLA Health. 2022.