

## Colonoscopy Goody Bag Contents & Purpose ☺

Broth Packets: prevent dehydration

Crystal Light Packets: mix with prep to improve flavor

Ginger Chews: prevent or help with nausea

Mints: prevent or help with nausea

Teas: prevent dehydration

Wipes: prevent skin irritation from diarrhea

The kit below is available in the NSHC Cafeteria for purchase with your meal ticket. Please ask staff for it if you cannot locate it.

