



Turn colon cancer prevention into a party! Make the best of it and plan a Casino-themed prep party with friends! Priority one: select a poker game. Will your friends want to play Texas Hold 'Em? Blackjack? Craps? Make sure to have multiple games available. Next, stop by a party supply store (or the dollar store!) to find some casino-themed decorations, packs of playing cards, poker chips, dice, etc.. Lastly, be sure to provide colonoscopy-approved snacks and make sure your friends bring their colonoscopy prep.

CREATE AMBIANCE

- Wrap Monopoly money around drink bottles
- Light cigar-scented candles
- Put apple juice in bar glasses to resemble whiskey. Offer to serve on the rocks or neat!
- Black, white, red, green, and/or silver color scheme
- Make a "casino board" displaying game rules for new players
- Decorate with playing cards, poker chips, green felt, dice, etc Hand out green poker visors

FOOD & DRINK

- Water
- Tea
- Coffee
- Apple juice
- Carbonated beverages
- Gatorade
- Popsicles

*Remember: no red, blue, or purple colors or flavors



Question about prep?

Call **775-434-0628** | 7am to 5:00pm Monday through Friday Digestive Health Associates & Center of Reno digestivehealthreno.com