



Spa Party

Turn colon cancer prevention into a party! Pamper yourself with a Spa Day prep party with friends! First, select your menu of services. Will you be offering facials? Massage? Manicures/Pedicures? All of the above? Next, stop by a party supply store (or the dollar store!) to find some spa-themed decorations and pampering tools (nail polish, pumice stones, lotions, toe separators, nail files, stretchy headbands, hand mirrors, plastic tubs for soaking, etc.). Finally, be sure to provide colonoscopy-approved snacks and make sure your friends bring their colonoscopy prep.

Create Ambiance

- Play relaxing music
- Soothing scented candles
- Sprinkle flower petals
- Roll wet washcloths and heat in a slow cooker
- Drink out of plastic champagne flutes or martini glasses
- Decorate with nature: lots of plants or perhaps a water feature

Food & Drinks

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

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



Question about prep?

Call 918-514-3174 | 6am to 4:30pm Monday through Friday
Tulsa Endoscopy Center
tulsagastro.com