



Center for Digestive and Liver Health's, Dr. Wanamaker makes a colonoscopy as easy as it gets. savannahgi.com

THERE ARE COUNTLESS REASONS WHY YOU SHOULD SCHEDULE A COLONOSCOPY. IF YOU'VE BEEN PUTTING IT OFF, READ ON AS PUBLISHER, MICHAEL BROOKS EXPERIENCES HIS...

RITE OF PASSAGE

➔ **STAYING HEALTHY IS ALL** about prevention, and as you age, there are steps you can take to make life run a bit smoother. One of those steps would definitely not be inhaling the biggest cheeseburger you can get your hands on. All the same, that's what I found myself doing shortly after experiencing my first colonoscopy. I figured I'd made one healthy choice that day, I'd earned that double cheeseburger all the way.

Still a little woozy, but surprisingly relaxed and rested after being knocked out cold just a few hours earlier, I reflected on the procedure and what it meant for me. I'd understood that it was just one of those things you have to do as a 50-something but had been putting it off for

years before I finally bit the bullet.

I was a little nervous walking into the Center for Digestive and Liver Health knowing what was going to happen, but I'd heard too many horror stories about lives lost, early demises that could have been prevented by this simple procedure, not to. Whatever apprehension I'd had melted away when I was met by a friendly team who walked me through each step of the process in preparation.

Many of us remember when Katie Couric, the Today Show hostess, went through this procedure on live TV. Specifically, we remember how little she seemed to be enjoying it – especially the shots of her powering through the giant jug

CLENPIQ is a cranberry-flavored laxative taken by patients before a colonoscopy. CLENPIQ comes in two 5.4 oz. bottles, and it's a lower volume treatment than most other colonoscopy prep treatments.

DR. WANAMAKER GIVES BROOKS A PRE-GAME PEP TALK BEFORE THE PROCEDURE.

COLONOSCOPY : BY THE NUMBERS

140,250 estimated new cases of colorectal cancer in 2019.
One in 20 will be diagnosed with colorectal cancer in their lifetimes.
60% of deaths from colorectal cancer could be prevented with a screening.

of “cherry” flavored Nulytely in preparation. Fortunately, the science behind this procedure has come a long way.

For example, they have a relatively new product called CLINPIQ® that is a little easier to get down. I'm not suggesting that it could become the new trendy cocktail mixer, but it's palatable. The point is you have to be clean to allow the docs to do their job and take a look around and that is the part that most people are not comfortable with.

I started drinking it the day before, pairing it with a gourmet feast of Jell-O and broth. I missed food, but not nearly as much as I missed daily regimen of multiple quad espresso macchiatos. Underfed and decaffeinated, I went into that evening hungry but steeled by two facts: One, I would only have to do this every ten years and two, there was a juicy cheeseburger waiting on the other side of the procedure.

The next morning I was at it bright and early, having scheduled my procedure first thing. There are two pieces of wisdom I can pass on about a colonoscopy. The first is to schedule your appointment early in the day so you can have it over with before mid-day hunger pangs set in. The crowd of like-minded patients when I arrived were all vying for seats next to the restroom, some still in their PJ's having rolled right out of bed and into the waiting room.

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