

Your colonoscopy prep can be simple and stress-free.

Personalized video help from your own doctor. Get the clear, step-by-step video guidance you deserve for the best possible prep

Scan to get started



1. Open your phone camera
 2. Point it at the code
 3. Tap the link that appears
- ezcolonprep.com/gastrohealth**



From your own doctor

Personalized step-by-step videos for all stages of your prep.



Reminder texts

Optional texts link you to each step at the right time.



In your language

English, Korean, Spanish, and Mandarin currently offered.



Completely free

No app to download. It works in your phone's browser.



Recommended for You

These videos are matched to your medications and prep type.



7 Days Before Your Colonoscopy – What You Need to Know

[Read Transcript](#) ▾

7 Days Until Colonoscopy Checklist

0/7 COMPLETE



STRICT Begin low-fiber diet – avoid nuts, seeds, raw vegetables, whole grains, and high-fiber foods. [What is a low-fiber diet?](#)



**Colonoscopy with MIRALAX-BISACODYL
or CITRATE MAGNESIA**



Free, personalized video prep &
text reminders, in your language.

Visit ezcolonprep.com/gastrohealth
or scan the QR code provided.



Patient Name: _____ Physician Name: _____ Today's Date: _____
Date of Procedure: _____ Procedure Time: _____ Arrival Time: _____
Procedure Location: _____

GENERAL INFORMATION:

- Scan the QR code above to sign up for free text reminders and step-by-step video guides to help you prepare for your colonoscopy.
- IV sedation or anesthesia is usually given during your procedure. Due to regulatory requirements and for your safety, **you must arrange for an adult (18+) to drive you home, or risk procedure cancellation.**
- You will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day.
- You may resume normal activities the next day unless the doctor states otherwise.
- If you have any questions concerning your procedure or need to cancel, please call the respective office.
- Wear comfortable, loose-fitting clothing that is easy to step into. Wear flat shoes or tennis shoes.
- The center is not responsible for your property. Do not wear jewelry or bring valuables with you to the Center or Hospital.
- **The morning of the procedure, only drink the required liquid preparation.**

YOU WILL NEED TO PURCHASE: MiraLAX and other laxative (see your instructions)

5 – 7 DAYS BEFORE YOUR PROCEDURE:

IF YOU HAVE DIABETES: Follow your GI Physician's recommendations for oral and insulin medication.

If you are on Aspirin, Coumadin, Warfarin, Plavix, Heparin, Lovenox, Fish Oil, or any other blood thinners:

- Your gastroenterologist may have advised you to stop taking blood thinners prior to your procedure. **You will need to stop taking these medications 5-7 days prior to your procedure.**
- The GI physician may have to obtain Cardiac Clearance before your procedure can be scheduled. The office will contact you once clearance is obtained.
- **5-7 days before the procedure, stop eating salads, raw vegetables, nuts, seeds, and popcorn.**

WHAT YOU CANNOT DRINK



- Any liquid that is red, orange, blue, or purple in color
- No milk, dairy cream, or non-dairy products
- No orange juice or lemonade
- No alcohol

WHAT YOU CAN DRINK

- White grape juice, white cranberry juice, and apple juice
- Water, soda, tea or coffee
- Kool-Aide, Powerade, Gatorade, and Crystal Light
- Popsicles and Italian Ice
- Broth or bouillon: beef, chicken or vegetable flavored
- Jell-O and Hard candy

DO NOT drink red, orange, blue or purple liquid from this list.

THE KEY TO A GOOD PREPERATION

Drink plenty of the correct fluids, see 'What You Can Drink' list. You must take ALL of the PREP solution as directed to clean your bowel adequately. Even if you are passing clear liquid, you must continue to take the entire dose of the prep the day before your exam. Failure to follow prep instructions may result in rescheduling of the procedure due to poor preparation.

THE DAY BEFORE YOUR COLONOSCOPY

- No solid food and NO ALCOHOL
- Clear liquids only all day
- Drink an extra 8 oz. of clear liquids everyhour while awake.
- 8 oz. = 1 Cup and 16 oz. = 2 Cup

Please refer to the 'What You Can Drink' list in the first column. **No red, orange, blue, or purple liquid.**

PLEASE DRINK PLENTY OF LIQUIDS TO PREVENTDEHYDRATION

- Apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.
- Confirm that you have a driver to take you home for your procedure.



Additional Comments: _____

THE DAY BEFORE YOUR COLONOSCOPY					
OPTION #1	PURCHASE: One 238g bottle of Miralax, one pack of Bisacodyl (Dulcolax) Coated Tablets, and (2) 32 oz.bottles of Gatorade	OPTION #2	PURCHASE: One 238g bottle of Miralax, one 10 oz. bottle Citrate of Magnesia, and (2) 32 oz. of Gatorade	OPTION #3	PURCHASE: One 238g bottle of Miralax, and one pack of Bisacodyl(Dulcolax) Coated Tablets
8 AM: Mix 119g of Miralax (half bottle) with first 32 oz. ofGatorade; mix until dissolved and keep cold in the refrigerator. 4 PM: Take 10mg of Bisacodyl (Dulcolax Tabs). 5 PM – 6 PM: Begin drinking the mixture, drink 8 oz. every 15minutes until the solution is consumed. 8 PM: Mix the remaining half bottle of Miralax with the second 32 oz. of Gatorade and refrigerate, <u>but do not drinkthe mixture.</u> Continue to drink at least 32 oz. of clear liquids untilyou go to bed, see ‘What You Can Drink’ list. 5- 6 Hours Prior to Procedure: Start drinking the mixture, 8 oz.every 15 minutes until the solution is consumed, followed by 32oz. of clear liquids. No liquid 4 hours before procedures.		5 PM: Mix 119g of Miralax (half bottle) with 32 oz. of Gatorade. Drink 8 oz. every 15 minutes until the solution is consumed. 7 PM: Mix the remaining 119g of Miralax (half bottle) with 32 oz. of Gatorade. Drink 8 oz. every 15 minutes until the solution is consumed. We encourage you to drink clear liquids until mid-night. <u>No red, orange, or purple liquid.</u> Five hours prior to procedure, drink 10oz. of Citrate of Magnesia. No liquid 4 hours before procedure		5 PM: Mix 238g of Miralax with 64oz. of clear liquid of your choice. Shake well and refrigerate. 6 PM – 8 PM: Begin drinking the mixture over the next 2 hours until the solution is consumed. 10:30 PM: Take 20mg Bisacodyl (Ducolax) tabs with any clear liquid. - If your procedure is scheduled for the afternoon you may have clear liquids up until <u>4 hours</u> prior to your procedure. Please refer to the ‘What You Can Drink’ list. <u>No red, orange, blue, or purpleliquid.</u> No liquid 4 hours before procedure	
THE DAY OF YOUR COLONOSCOPY					
You should take your essential medications with a small sip of water (e.g. heart and blood pressure). - If your procedure is scheduled in the early morning, you will need to get up at night to take this second dosage. The correct time of this dose is essential to an effective preparation.					