

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?](#)

GASTROHEALTH



Colonoscopy with Peg One Day Prep (Nulytely, Golytely, Colyte, Trilyte)



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 BE PRESCRIBED: a PEG bowel prep (NuLYTELY, GoLYTELY, Colyte, or TriLyte)

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 <u>CANNOT</u> DRINK  ➤ Any liquid that is red, orange, blue, or purple in color ➤ No milk, dairy cream, or non-dairy products ➤ No alcohol ➤ No orange juice or lemonade WHAT YOU <u>CAN</u> DRINK ➤ White grape juice, white cranberry juice, and apple juice ➤ Kool-Aide, Powerade, Gatorade, and powered Crystal Light ➤ Popsicles and Italian Ice ➤ Broth or bouillon: beef, chicken, or vegetable flavored ➤ Water, soda, tea, or coffee ➤ Hard candy and sugar ➤ Jell-O <i>NO red, orange, blue or purple liquid from this list</i>	THE DAY BEFORE YOUR COLONOSCOPY ➤ No solid food and NO ALCOHOL ➤ Clear liquids only all day ➤ 8 oz. = 1 Cup and 16 oz. = 2 Cup 8 AM: Mix water with your bowel prep powder until it is all dissolved. KEEP COLD in the refrigerator. You may add powdered Crystal Light or use the “flavor packs” for better taste. • NO red, orange, blue, or purple liquid. 4 PM – 5 PM: Begin drinking the solution at a rate of 16 ounces every 30 minutes (over 4 hours) until the container is empty. • Please continue to drink clear liquids until bedtime. • 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 after your 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 for the afternoon, you may have clear liquids up until <u>4 hours</u> prior to your procedure. STOP drinking liquid at _____ AM/PM ➤ Please refer to the ‘<u>What You Can Drink</u>’ list in the first column. No red, orange, blue, or purple liquid. ➤ No liquids 4 hours before procedure. ➤ The correct time of this dose is essential to an effective preparation. 
THE KEY TO A GOOD PREPERATION Drink plenty of the correct fluids, see ‘What You Can Drink’ list above. You must take <u>ALL</u> 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.		

Additional Comments:
