

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 PLENVU



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: Plenvu

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 alcohol
- No orange juice or lemonade

WHAT YOU CAN DRINK

- White grape juice, white cranberry juice, and apple juice
- Kool-Aid, Powerade, Gatorade, and 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

DO NOT consume 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 above. 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 PLENVU**

Prep Contains 3 packets. 1 Mango and 2 FruitPunch.

1st Dosage: Mix **Mango** Packet and add 16 oz. water in container to the fill line. Shake/stir until completely dissolved. Take your time and slowly drinkall of it within 30 minutes. Refill container with 16 oz. of water and slowly drink all of it within 30 minutes.

Continue to drink clear liquids throughout theevening.

- Apply a petroleum-based product or diaper rashointment to the rectal area if you experience discomfort from frequent stools.



THE DAY OF YOUR COLONOSCOPY

- You should take your essential medications with a small sip of water (e.g. heart and blood pressure).

12 HOURS LATER: Mix **2 Fruit Punch** Packets with 16 oz of water in the container to the fill line. Shake/stir until completely dissolved. Take your time and slowly drink within 30 minutes. Refill container with 16 oz. ofwater and slowly drink all within 30 minutes.

You may have clear liquids up until 4 hours prior to procedure.

- Do not drink or take anything by mouth until after your procedure.
- **The correct timing of this dose is essential to an effective preparation.**

Confirm you have a driver to take you home after your procedure.



Additional Comments: