BE SEEN

The prep no one talks about (but everyone should.)

Colonoscopy prep = a few days of TLC for your future self. Your mindset is powerful. You might be surprised there are treats that will help you through your prep day.

Stock up on liquid diet foods to keep you and your gastroenterologist happy. The day you start drinking your magic potion is liquid diet day.

Mix Your Magic Potion

Fill your prescribed jug with a yellow or orange sports drink. Shake and refreigerate. Keep it chilled. Serve over ice in your favorite style glass to sip in style. Like a little fancy fizz, add ginger ale to top it off! Cheers!

On prep day, eat:

- Broth (chicken, veggie, bone) + boullion
- Jello (orange or yellow only)
- Hard clear candies/ gummie bears
- Clear juices & popsicles (no pulp)
- Lemon Italian Ice
- Only clear, yellow or orange

Hydrate with:

- Water
- Coconut water
- Electrolyte drinks
- Herbal tea or coffee (1 cup decaf)
- Ice chips

Mind Tricks

Chew gum – pick your favorite flavors but don't swallow it!

Super parched? Sip and spit water out. (Do not drink liquid 4 hours before your procedure.)

You're clearing the way for a longer, louder life!

Clean colon, clear conscience.
Clarity is power.

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Short-term sacrifice, long-term peace of mind.

There are many different types of prep - we have found people best tolerate two laxative prep solutions: GoLYTELY (prescription jug) or Miralax accompanied Dulcolax pills (over the counter). Both preps involve a clear liquid diet the day before your procedure and drinking a large volume of solution mixed with a clear liquid like Gatorade. Make a request to your physician (follow their guidance) at least a week in advance to avoid delays at the pharmacy. Make sure to mix and chill the day before you begin your prep!

No, no list!

3 Days Before:

- Seeds & whole grains
- Raw fruits & veggies
- Oatmeal, granola
- High fiber foods
- Salad (I know...tragic!)

Prep Day (Liquid Diet + Magic Potion)

- Anything red, blue, or purple
- Seeds & whole grains
- Fruits & veggies,
- Dairy
- Murky liquid

If you cant read the news through it, it's no!

Because getting screened isn't gross —
it's growth.
You got this.