



PACT Gastroenterology Center
Hamden • Milford • Guilford



How to prepare for your Colonoscopy with Happy Colon Foods

Follow only these instructions (disregard the instructions that come with the kit). Please read over these instructions carefully as soon as you receive them.

Remember, your appointment could be rescheduled or cancelled if:

- **You do not finish your prep or appropriately follow the prep instructions below.**
- **You consume any food or drink within 3 hours of your arrival time.**
- **You do not arrive for your appointment on time.**
- **You do not have a ride home.** Medications will be given to you at the time of your colonoscopy that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult age 18 year or older to accompany you.
- **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your colonoscopy, a process that can take some time. Please notify us of any changes to your insurance immediately.

Once you have a date for your colonoscopy...

1. **Order your Happy Colon Foods kit:** by ordering online or by phone
 - **Online:** go to www.happycolonfoods.com.
 - Select ORDER NOW on the main desktop page or from the main mobile menu
 - Choose the 'Food Kit with Laxatives' option and add to cart.
 - Proceed to checkout and provide the necessary information; the required provider code is **CTPF11**.
 - **By phone:** call Happy Colon Foods at (855) 423-6637 between 10am-6pm EST
 - Ask for the 'Food Kit with Laxatives' option and, when prompted, give the required provider code, **CTPF11**
 - **Cost of this kit is \$53.88 including tax and shipping**
 - Once ordered, kits typically arrive in 2-5 business; ensure your kit is ordered at least 7 business days prior to procedure.

One week before your colonoscopy...

1. **Arrange for transportation to and from your colonoscopy.** You will not be allowed to drive yourself. You may not use a taxi or bus service unless you have a responsible adult 18 years or older to accompany you.
2. Stop taking iron supplements (multivitamins containing iron are OK).
3. **Please refer to the instructions provided by the office regarding preprocedure medication changes. If you have any questions, please contact the office.**

Two days before your colonoscopy...

1. Follow a low fiber diet

	DO EAT	DO NOT EAT
Milk & Dairy	Milk, cream, hot chocolate, cheese, cottage cheese, yogurt, sour cream	
Bread & Grains	White flour bread, white rice, plain crackers, cream of wheat, oatmeal, corn flakes	Brown or wild rice, whole grain bread, high fiber cereal, bread with nuts or seeds
Meat/Proteins	Chicken, turkey, lean pork, fish, seafood, eggs, tofu	Meat with gristle
Legumes	None allowed	Peas, beans, lentils
Fruits	Fruit juice without pulp, applesauce, ripe cantaloupe, honeydew, canned or cooked fruit without seeds or skin	Raw fruit with seeds, skin or membranes, raisins or other dried fruit
Vegetables	Canned or cooked vegetables without skin or peel, potatoes without skin	Corn, tomatoes, green peas, onions, squash, brussel sprouts or cabbage
Nuts, nut butter, seeds	Creamy (smooth) peanut butter or almond butter	Creamy (smooth) peanut butter or almond butter
Fats & Oils	Butter, margarine, vegetable and other oils, mayo, salad dressing without seeds	
Soups	Broth, bouillon, consommé, strained soups, including milk and cream-based	Chili, lentil or pea soup, dried bean soup, corn soup
Desserts	Custard, plain pudding, ice cream, sherbet or sorbet, Jell-O, cookies/cake made with white flour and NO seeds, dried fruit or nuts	Coconut, anything with seeds, nuts, dried fruit, red or purple dye, and whole grain
Drinks/beverages	Coffee, tea, hot chocolate, clear fruit drinks (no pulp), sodas, Ensure, Boost or Enlive without added fiber	Juices with pulp, red or purple dye drinks
Other	Sugar, salt, jelly, honey, syrup, lemon juice	Coconut, popcorn, jam or marmalade, relishes, pickles or olives, stoneground mustard

One day before your colonoscopy...

- Everything you need is inside the kit, aside from water.
 - You do not have to consume all food products included in this kit; they are there for your comfort.
 - However, you **MUST** consume all the PEG 3350 in 20 oz of liquid and senna tablets at the times indicated. You must complete all 7 steps.
 - Do not substitute one meal for the other. For example, do not eat the dinner at lunch time, or vice versa
1. **Breakfast** between 7-8am:
 - Prepare oatmeal as directed. You may season with butter or sugar as desired.
 - Mix 20 oz of water with 34 g of PEG 3350 (two (2) FULL capfuls).
 - Take one (1) 25 mg senna tablet.
 2. **First snack** between 9-10am:
 - Enjoy a snack
 - Mix 20 oz of water with 34 g of PEG 3350 (two (2) FULL capfuls).
 - Take one (1) 25 mg senna tablet.
 3. **Lunch** between 12pm-1pm :
 - Prepare pasta as directed.
 - Mix 20 oz of water with 34 g of PEG 3350 (two (2) FULL capfuls).
 - Take one (1) 25 mg senna tablet.
 4. **Second snack** between 3-4pm :
 - Enjoy another snack.
 - Mix 20 oz of water with 34 g of PEG 3350 (two (2) FULL capfuls).
 - Take one (1) 25 mg senna tablet.
 5. **Dinner** between 6-7pm :
 - Mix 10 ounces of water with "ez2go" magnesium citrate package in a glass (do not use a plastic cup). Highly recommend adding a flavored drink mix as well. NOTE: If you have severe kidney disease, check with your physician before using magnesium citrate.
 - Prepare broth as directed.
 - Mix 20 oz of water with 34 g of PEG 3350 (two (2) FULL capfuls).
 - Take one (1) 25 mg senna tablet.
 6. **Before bedtime** between 8-9pm :
 - Enjoy another snack.
 - Mix 20 oz of water with 34 g of PEG 3350 (two (2) FULL capfuls).
 - Take two (2) 25mg senna tablets
 - Use the rest of the remaining powder in the bottle (approximately one (1) capful) to mix up your 7th step dose and put it in the refrigerator. Set your alarm for six (6) hours before your procedure.

On the day of your colonoscopy...

1. **6 hours prior to the start of your procedure**
 - Consume 20 oz of water with 34 g of PEG 3350 (two (2) FULL capfuls). Finish this last drink in 5-10 minutes and then do not consume any additional liquids or foods.
 - Take one (1) 25 mg senna tablet.
2. **3 hours prior to your arrival time stop consuming anything by mouth (liquids or solids).**
3. Make sure to arrive on time for your appointment.

