

# Let's get moving!

HAPPY COLON FOODS KIT INSTRUCTIONS





# Kudos for taking care of your colon!

While this process is never fun, we're here to make it a little easier. This means no more chugging bad-tasting laxatives, no more fasting, and no more nausea or hunger headaches that leave you feeling like poo.

With Happy Colon Foods, you will enjoy doctor-approved meals and laxatives and get the same effective colonoscopy results.

Happy patient, happy doctor,  
and a happy colon...

**Welcome to the movement.**

# Foods to avoid

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For best results, THE DAY BEFORE YOU PREP (2 days before your procedure), avoid eating the foods listed below. **You may eat normally as long you avoid this list of foods.** Visit [happycolonfoods.com](http://happycolonfoods.com) for low-fiber food ideas you can eat instead.

## AVOID EATING

- Brown or wild rice, whole grain bread, high fiber cereals, whole grains (example: barley, quinoa)
- Fatty meats
- Peas, beans and lentils
- All nuts and seeds, alone or in foods (example: whole grain breads, crunchy peanut butter)
- Unpeeled raw fruit (example: apples and pears are fine, but must be peeled)
- All dried fruit and coconut
- Corn, squash, tomatoes, onions, Brussels sprouts, lettuce, cabbage
- Olives, pickles, popcorn
- Jams, preserves, marmalades, relishes, stone ground mustards
- Any juice with pulp

# FAQs

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## **1 WHEN DO I START THIS PROCESS?**

Follow the schedule as outlined in the instruction booklet. It is important to complete Steps 1-6 the day BEFORE your procedure, regardless of your appointment time. Complete Step 7 six (6) hours before your procedure is scheduled to begin.

## **2 CAN I GO TO WORK THE DAY I USE HAPPY COLON FOODS?**

Yes. Because we use smaller doses of laxatives spread throughout the day, many patients can work either part or most of their prep day. However, patients vary and therefore should use best judgement. Keep in mind that having access to a microwave is necessary to heat meals.

## **3 WHY IS THE FOOD IN THE KIT PROCESSED?**

Processed foods are much easier to digest and therefore can be consumed during the prep process.

## **4 DO I HAVE TO EAT ALL THE FOOD IN THE KIT?**

No. The food is for your comfort. You may eat a portion of each item or skip something entirely. Make sure you do not change the order of the foods, and DO NOT substitute other foods for items in the kit. The foods are numbered to help you keep track throughout the day.

## **5 CAN I TAKE MY REGULAR MEDICATIONS?**

On your prep day, you may take all regular medications. On the morning of your procedure, you may take your regular morning medications, except blood thinners and diabetes medication.

# FAQs

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## **6 WHAT ARE THE DRINK MIX PACKETS FOR?**

If you'd like to add flavor to your water when you mix it with ez2go®, you may add a drink mix. They are colorless and sugar-free. **DO NOT** mix ez2go® with anything carbonated.

## **7 CAN I DRINK MORE LIQUID THAN THE AMOUNTS SPECIFIED IN THE INSTRUCTIONS?**

Yes! You may drink additional clear liquids as you wish. Clear liquids include, tea, coffee (with or without creamer), lemonade, light colored sports drinks and broth. Do not drink juices with pulp and *do not consume anything red or purple.*

## **8 WHAT IF I'M A DIABETIC OR ON A RESTRICTED DIET?**

You can still use Happy Colon Foods, unless you have an allergy to any of the components in the kit. If you have dietary concerns please review the ingredients of each item before consuming.

## **9 WHY DO I TAKE THE LAST DOSE SIX (6) HOURS BEFORE THE PROCEDURE? THAT COULD BE VERY EARLY IN THE MORNING.**

This is called split dosing. If you stop taking all laxatives the night before your procedure, bile and mucous will build up in your right colon over the next 10-14 hours and make visualization difficult. Taking this last dose is very important to prevent this buildup. Pro tip: Mix ahead of time & put in the

## **10 WHAT IF I MISS THE LAST DOSE SIX (6) HOURS BEFORE THE START OF MY PROCEDURE?**

This may result in a colon cleanse that is less than optimal. You may still consume the final dose until four (4) hours before your procedure, but do not try to make it up if you are within four (4) hours of your procedure, as the sedation process requires four (4) hours of fasting.

# FAQs

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## **11 WHEN WILL I START TO HAVE BOWEL MOVEMENTS?**

This varies. Patients typically have their first bowel movement within two to three hours after their first laxative dose and experience gradually looser bowel movements throughout the day. If you have not had any bowel movements by 5pm on your prep day, please call us for recommendations. We may suggest additional laxatives.

## **12 WHAT IF I FEEL I'M NOT COMPLETELY "CLEANED OUT"?**

Because this cleanse is much gentler on your system, some patients feel they have not fully evacuated and may not be completely empty. However, nearly all patients who follow the instructions are clean and have successful exams.

## **13 WHY DOES THIS PREP TAKE ALL DAY?**

Traditional colon prep laxatives are given in one or two doses. The dosing of the laxatives with the Happy Colon Foods kit are intentionally scheduled throughout the day to mimic a typical diet, with 3 meals, 3 snacks and flavored drinks. Taking smaller doses throughout the day minimizes side effects and allows the cleansing process to be a lot gentler on your system.

## **14 MY HEALTH BENEFITS PLAN IS REQUESTING A RECEIPT AND EXPLANATION LETTER; WHERE CAN I GET THIS?**

















Visit [www.happycolonfoods.com](http://www.happycolonfoods.com) to print an explanation letter which can be submitted with your receipt. You may also call us @ 855-423-6637 to obtain a copy of the letter.

## **15 I ONLY WEIGH ABOUT 110 LBS (OR LESS); DO I HAVE TO DRINK THIS MUCH WATER EACH TIME?**

You may use 16 ounces of water to mix each laxative dose.

# 7 easy steps of Happy Colon Foods Prep

Start the 7 steps below the day prior to procedure.

STEP	TIME	EAT	DRINK
<p><b>1</b></p> <p><b>BREAKFAST</b></p>	<p>between 7 am – 8 am</p>	<p><b>Oatmeal</b>  Use package directions to prepare and eat oatmeal.</p> <p><b>Tablet</b>  Take one (1) 25 mg senna tablet.</p>	<p> + </p> <p>Mix 20 oz of water with one (1) <b>FULL capful</b> of ez2go® (ignore the middle line on the cap) and a drink mix, if you wish.</p>
<p><b>2</b></p> <p><b>FIRST SNACK</b></p>	<p>between 9 am – 10 am</p>	<p><b>Snack</b>  Enjoy the shortbread cookie.</p> <p><b>Tablet</b>  Take one (1) 25 mg senna tablet.</p>	<p> + </p> <p>Mix 20 oz of water with one (1) <b>FULL capful</b> of ez2go® and a drink mix, if you wish.</p>
<p><b>3</b></p> <p><b>LUNCH</b></p>	<p>between 12 pm – 1 pm</p>	<p><b>Pasta</b>  Warm and eat pasta as directed on package.</p> <p><b>Tablet</b>  Take one (1) 25 mg senna tablet.</p>	<p> + </p> <p>Mix 20 oz of water with one (1) <b>FULL capful</b> of ez2go® and a drink mix, if you wish.</p>
<p><b>4</b></p> <p><b>SECOND SNACK</b></p>	<p>between 3 pm – 4 pm</p>	<p><b>Snack</b>  Enjoy the BBQ pop chips.</p> <p><b>Tablet</b>  Take one (1) 25 mg senna tablet.</p>	<p> + </p> <p>Mix 20 oz of water with one (1) <b>FULL capful</b> of ez2go®. Add a drink mix, if you wish.</p>



STEP	TIME	EAT	DRINK
<p><b>5</b></p> <p><b>DINNER</b></p>	5 pm	<p><b>NOTE:</b> If you have severe kidney disease, check with your physician before using Mag Citrate.</p>	 Follow the directions on the ez2go® Mag Citrate pkg. Highly recommend adding flavored drink mix.
	between 6 pm–7 pm	<p><b>Broth</b></p>  Use package directions to mix and drink broth.  <p><b>Tablet</b></p>  Take one (1) 25 mg senna tablet.	 Mix <b>10 oz</b> of water with one (1) <b>FULL capful</b> of ez2go®. Add a drink mix, if you wish.
<p><b>6</b></p> <p><b>BEDTIME SNACK</b></p>	between 8 pm–9 pm	<p><b>Snack</b></p>  Enjoy a chocolate chip cookie.  <p><b>2 Tablets</b></p>  Take two (2) 25 mg senna tablets.	 Mix <b>20 oz</b> of water with one (1) <b>FULL capful</b> of ez2go® and a drink mix, if you wish.
<p><b>7</b></p> <p><b>FINAL STEP</b></p>	<b>SIX (6) HOURS PRIOR TO THE START OF YOUR PROCEDURE</b>	<p><b>Tablet</b></p>  Take one (1) 25 mg senna tablet.	 Mix <b>20 oz</b> of water with remaining ez2go®. Drink all of this within 5-10 minutes. Add a drink mix, if you wish.

**DO NOT CONSUME ANY ADDITIONAL LIQUIDS OR FOODS UNTIL AFTER YOUR PROCEDURE.**



## ORDER YOUR PROBIOTICS

online [www.happycolonfoods.com/probiotics](http://www.happycolonfoods.com/probiotics)  
phone (855) 423-6637



Designed for maintenance of a healthy gut microbiome.



Optimal use post colonoscopies & antibiotics, and IBS patients.



[info@happycolonfoods.com](mailto:info@happycolonfoods.com)  
(855) 423-6637  
[www.happycolonfoods.com](http://www.happycolonfoods.com)

# WELCOME TO THE MOVEMENT!

Dear Happy Colon Foodie,

If this is your first colonoscopy, congratulations on taking this journey to maintain your gut health, and thank you for bringing us along!

If this isn't your first, I want you to know we heard your prep issues and developed Happy Colon Foods to help you through the process.

We are here for you and always looking for ways to improve. Please share your ideas to help us better serve your needs.

Here's to healthy and happy colons,



Jeff D. Scott, M.D.  
CEO and Founder




Have a question?

 (855) 423.6637

Feedback to share?

 [info@happycolonfoods.com](mailto:info@happycolonfoods.com)

Reach out anytime 

[@happycolonfoods](https://www.instagram.com/happycolonfoods)



