

Ulster Gastroenterology, PLLC  
301 Hurley Ave, Kingston NY 12401  
P: (845) 309-7597 F: 845-802-0822  
Intense EZ2GO Bowel Prep

Patients Name \_\_\_\_\_

Date \_\_\_\_\_ Arrival Time \_\_\_\_\_

- This prep includes:
- (1) Bottle (238g each) of Polyethylene Glycol (MiraLAX)
  - (2) Packets of Magnesium Citrate
  - (1) Packet with (4) Bisacodyl pills (Dulcolax)

Special instructions: \_\_\_\_\_  
\_\_\_\_\_

The night before the prep at approximately 7pm take 2 Dulcolax pills. Then again at 9pm take 2 additional Dulcolax pills.

It is recommended to start your prep in the morning the day BEFORE your procedure. Do not start later than 3 PM (the later you start the less successful the prep will be).

**CLEAR LIQUIDS ONLY ON PREP DAY, NO FOOD.**

Avoid anything Red or Purple.

All prepping must be completed by 10 PM. DO NOT have ANYTHING after midnight!

10 AM	Step 1: Take 2 Dulcolax pills.
11 AM to 3 PM	Step 2: Mix the whole bottle of MiraLAX in 64 ounces of any clear liquid at room temperature. Drink over a course of 4 hours.
4 PM	Step 3: Take the remaining 2 Dulcolax pills.
5 PM	Step 4: Mix 1 of the packets of Magnesium Citrate into 10 ounces of any clear liquid at room temperature. Drink when completely dissolved. DO NOT use plastic ware or carbonated drinks.
7 PM	Step 5: Mix the other packet of Magnesium Citrate into 10 ounces of any clear liquid at room temperature. Drink when completely dissolved. DO NOT use plastic ware or carbonated drinks.

**\*\*If you are having any cramping or gas you can take the Simethicone tablet (yellow/gold packet).**

**\*\*Once completed the prep may take 6-8 hours to work.**

**\*\*If you get nauseous you may stop and take a break, try drinking some Ginger Ale.**

**\*\*\*\*\*PLEASE READ THE BACK FOR INSTRUCTIONS PRIOR TO PREPPING\*\*\*\*\***

### **Within one week of your colonoscopy**

The following medications usually need to be stopped:

Iron supplements, vitamins containing iron, Vitamin E and fiber supplements

### **3 days before your colonoscopy**

Please check with your prescribing physician about stopping these medications;

Coumadin (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine), Pradaxa, and any other blood thinning medications except aspirin.

### **2 days before your colonoscopy**

Stop eating raw fruits, vegetables, seeds and nuts. Canned fruit and cooked vegetables are fine.

### **The day before your colonoscopy**

Start your prep in the morning.

Follow your particular prep instructions.

Clear liquids include-Water, broths, bullions, coffee, tea, strained juices such as apple, white grape, orange, lemonade, Jell-o, Gatorade, ice pops, crystal light, any kind of tea.

Avoid milk or non-dairy creamer and anything colored red or purple, or anything carbonated.

Drink as much fluids as you can to keep yourself hydrated and stay as active as you can to expedite the prep process.

**NOTHING after MIDNIGHT!**

### **The morning of your colonoscopy**

You may take any blood pressure medications as long as it IS NOT an ace inhibitor, heart medications, pain medications and anxiety medications with just a sip of water.

No driving yourself home from your colonoscopy. You **MUST** have a driver to sign you out. Taxis are **NOT** allowed. No driving until the next day.

If you are a diabetic on insulin, check your blood sugar, if it is higher than 250, take half dose of insulin, if lower than 250, do not take your insulin.

Female patients between the ages of 14-55 will be asked to complete a urine pregnancy test at the facility before receiving sedation.