

Colonoscopy preparation using EZ2go Kit ****TWO****

Your colonoscopy procedure is scheduled in our office on _____ ARRIVE AT _____.

For your EZ2go colonoscopy preparation, (1) EZ2go Colon Prep Kit can be purchased here. For your care/comfort, you may purchase at your pharmacy: Tucks Wipes and/or Vaseline Petroleum Jelly

AVOID aspirin/aspirin products, Advil/Motrin/Aleve/Ibuprofen, Vitamin E (multi-vitamins w/E), fish oil, flaxseed oil or foods with SEEDS for 5-7 days prior to procedure. (Tylenol and acetaminophen products are okay.)

****YOU must consult your prescribing physician about stopping: Coumadin, Plavix, Pradaxa, Eliquis, or Xarelto, prior to a procedure if you take these medications or a generic equivalent.**

****YOU must consult your prescribing physician about diabetic medication and insulin dosages prior to a procedure if you are a diabetic.**

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME THE DAY OF A PROCEDURE. NO DRIVING THE REST OF THE DAY; ADULT SUPERVISION FOR 12-24 HOURS AFTER THE PROCEDURE.

The day before the procedure:

For breakfast, lunch and dinner (until midnight), *****CLEAR LIQUIDS ONLY*****. This includes: Broth, tea, coffee (without milk), Gatorade, Crystal Lite, ice pops, apple juice, white grape juice, white cranberry juice, tap or bottled water, yellow or green Jell-o. It is important to drink broth for salt intake and juice for the sugar intake.

No carbonated beverages. Avoid items with artificial red dye.

[] **EZ2GO BOWEL PREP** BISACODYL/TAN, PEG 3350 (Polyethylene Glycol)/bottle,
MAGNESIUM CITRATE/RED and SIMETHICON(chewable tab)/GOLD

In the morning, mix PEG 3350 with 2 quarts of clear liquid (gatorade, water, or water and apple juice). Cap and shake until dissolved. Refrigerate.

NOON Take all **four** tablets in one **TAN** packet (bisacodyl) with 8oz of clear liquid.

3:00P **Gently sprinkle, while briskly stirring, RED** packet into 10oz (1¼ c) **WARM** liquid (apple juice/water). Drink **immediately**. **** (It will clump if you dump it into the liquid.) ****

5:00P Take all **four** tablets in one **TAN** packet (bisacodyl) with 8oz of clear liquid.

5:30P Drink 8oz (1 cup) of PEG 3350 mixture every 15-20 minutes until finished*. (2-3 hours)
When finished, take the tablet in the **GOLD** packet with clear liquid.

***If nausea occurs, you may increase the interval (by 5-10minutes) before the next dose(s). Drink through a straw.**

NOTHING TO EAT OR DRINK (HOLD ALL MEDS) AFTER MIDNIGHT, NOTHING UNTIL AFTER PROCEDURE.

[] If indicated, you may have *****CLEAR LIQUIDS ONLY***** until 4 hours before your arrival time.