



IMPORTANT: For the best results and to prevent the need to cancel or reschedule your colonoscopy please follow prep instructions carefully. Please call your provider's nurse with any questions prior to your procedure. Please take your **ESSENTIAL** medications. If you take Coumadin, Plavix, Eliquis, Brilinta, Xarelto, Pradaxa, or Heparin, please contact your pre-scribing doctor for specific instructions on usage before, during and after your procedure.

KIT CONTAINS:

- (1) 8.3 oz Polyethylene Glycol 3350 Powder
- (1) Beige Pouch with (4) 5 mg Bisacodyl pills
- (2) Red Pouches Magnesium Citrate
- (1) Gold Pouch Simethicone



7 DAYS BEFORE PROCEDURE:

DAY: _____

- Do not stop your aspirin (ASA), Vitamins or NSAIDS (Advil, Motrin, Ibuprofen, etc.)
- Stop taking any iron supplements, ferrous sulfate or polysaccharides iron complex.

Patients on antiplatelet / anticoagulant therapy other than aspirin will require that these be held as follows, or as directed:

- Plavix - 5 days
- Coumadin - 5 days
- Xarelto - \geq 48 hours
- Eliquis - \geq 48 hours
- Pradaxa (Creatinine clearance $>$ 50) – 5 days
- Pradaxa (Creatinine clearance $<$ 50) – 5 days
- Other anticoagulant or antiplatelet: _____ Hold _____ days before procedure

3 DAYS BEFORE PROCEDURE:

DAY: _____

- Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes, and celery.

2 DAYS BEFORE PROCEDURE:

DAY: _____

- At 9 PM, AFTER DINNER, Mix 1 **RED** packet of EZ2go Magnesium Citrate in 10oz. of cold water, Gatorade or Powerade. Drink immediately after stirring.

THE DAY BEFORE YOUR PROCEDURE

No solid food from now until your procedure is done. Upon awakening, drink plenty of “clear liquids” for breakfast, lunch and dinner to avoid dehydration. Ensure that you have a ride with a responsible adult who will wait for you during the procedure.

NOT EAT OR DRINK:



- solid foods
- alcohol
- milk
- Red, blue or purple liquids

OKAY/APPROVED:



- Water, clear broth, bouillon, jello, or popsicles
- Clear carbonated beverages, or fruit juice without pulp (apple, white grape, white cranberry, lemonade)
- Black Coffee or tea (no milk or non-dairy creamer)



Individual response to laxatives vary. Please stay near a toilet. You will experience diarrhea, which can be sudden. This is normal. Rarely, patients experience nausea or vomiting with the prep. If this occurs give yourself a 30 minute break, rinse your mouth or brush teeth before continuing to drink the prep solution.

| At 3PM | 3:20PM - 6PM | At 9PM |
|---|--|--|
| begin STEP 1: | STEP 2: | begin STEP 3: |
| <ul style="list-style-type: none"> • Take the first 2 (of 4) Prep Pills in the Beige Packet by mouth with clear liquids. • Mix the entire 238 gram bottle of EZ2go Powder with 64 oz of water, Gatorade or Powerade • Chill with ice or refrigerate. | <ul style="list-style-type: none"> • Begin drinking 8 oz glasses of the EZ2go Solution every 20 minutes until its finished. | <ul style="list-style-type: none"> • Take the final 2 Prep Pills in the Beige Packet. |

DAY OF PROCEDURE

At _____, (5) FIVE HOURS BEFORE EXAM

- Mix the **RED** Packet of EZ2go Magnesium Citrate in 10oz. Water, Gatorade or Powerade. Stir and drink immediately.
- Open the **GOLD** Packet of EZ2go Simethicone and take the tablet with the mixture.

At _____, (4) FOUR HOURS BEFORE YOUR EXAM, STOP DRINKING FLUIDS