



**IMPORTANT:** For the best results and to prevent the need to cancel or reschedule your colonoscopy please follow prep instructions carefully. Please take your **ESSENTIAL** medications. If you take Coumadin, Plavix, Eliquis, Brilinta, Xarelto, Pradaxa, or Heparin, please contact your prescribing 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.
- Please follow your prescribing doctors' specific instructions regarding any blood thinning medications.

**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.

**DO NOT EAT OR DRINK:**



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



**OKAY/APPROVED:**



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

**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