

### EZ2go Colon Cleansing Protocol

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ AM/PM

- If you are scheduled at Northeast Endoscopy Center, 59 Lowes Way, Lowell, MA. Please arrive 45 minutes prior to your procedure. If you are scheduled at 7:30 AM, please arrive at 7:00 AM.
- If you are scheduled at LOWELL General Hospital Main Campus, 295 Varnum Avenue, Lowell, MA. Please arrive 1 ½ hours prior to your procedure. If you are scheduled at 8:00 AM, please arrive at 7:00 AM.

**Appointments missed or cancelled with less than 3 business days' notice will result in a \$150 fee in accordance with applicable office policies.**

Please read all instructions at least two (2) days before your examinations or procedure. Your physician may adjust your dosing times.

**Note: Individual response to laxatives does vary. These laxatives may cause multiple bowel movements. Often, it works within 30 minutes, but may take as long as 4 hours to work. Please remain within easy access to toilet facilities.**

EZ2go laxative include one (1) bottle of EZ2go PEG 3350 (**PURPLE**), one (1) pouches of EZ2go Magnesium Citrate (**RED**), one (1) pouch of Bisacodyl (**TAN**) and one (1) pouch of EZ2go Simethicone (**GOLD**). Please adhere to the instructions carefully.

- 7 days prior to the procedure STOP GLP-1 agonists medications used for diabetes or weight loss. (Examples: Trulicity, Ozempic, Wegovy, Zepbound, Mounjaro, etc)
- 3 days prior to the procedure avoid eating fruits and vegetables with skins and seeds.
- If you smoke, please stop smoking 2 days prior to your procedure.
- Do not use marijuana eight hours prior to procedure as it could cause complications/ adverse effects.

**If you are taking Iron, Coumadin, Plavix, Aspirin, Blood Thinners; PLEASE CONTACT OUR OFFICE FOR ADDITIONAL INSTRUCTIONS**

- **7 days** prior to the procedure **STOP** Aspirin, Advil, Aleve, Celebrex, Motrin, Ibuprofen, Fish Oil and Iron supplements. Tylenol or other acetaminophen based products are OK.

### **DAY BEFORE PROCEDURE:**

**Dietary Requirements:** Drink only “clear liquids” for breakfast, lunch, and dinner. *Solid foods and milk products are NOT allowed until after your procedure.*

### **CLEAR LIQUIDS INCLUDE:**

- **Strained fruit juices without pulp (apple, white grape, lemonade)**

- Water, clear broth, or bouillon
- Coffee or tea (without milk or non-dairy creamers)
- Gatorade (NO PURPLE, NO RED)
- Crystal light
- Kool-Aid (or other fruit flavored drinks) (NO PURPLE, NO RED)
- Plain Jell-O (without added fruit or toppings) (NO PURPLE, NO RED)
- Ice Popsicles (NO PURPLE, NO RED)

#### **DAY BEFORE PROCEDURE:**

**Step #1:** At **4:00PM** Mix the entire bottle of PEG 3350 (**PURPLE**) with 64 oz of clear liquid of your choice included from the list above and put in refrigerator. Take two (2) Bisacodyl (**TAN**) with 8oz of water.

**Step #2:** Starting at **5:00PM**, drink 32oz (**first half**) of EZ2go PEG 3350-Lax (**PURPLE**) mix from fridge. Drink within 1 hour.

**\*\*PLEASE TRY TO DRINK 8 OZ EVERY 15 MINUTES TO COMPLETE 32 OZ OF PREP\*\***

**Step #3:** At **6:30PM** combine one (1) pouch of EZ2go Magnesium Citrate (**RED**) in a glass with 10 oz of Gatorade (or your clear liquid choice) and stir. Drink it completely within 30 minutes.

**Step #4:** Once Mag Citrate is finished, wait 30 minutes then take last two (2) Bisacodyl (**TAN**) with 8oz of water.

#### **THE DAY OF YOUR PROCEDURE (@ 3AM)**

Drink the remaining 32 oz (**second half**) of EZ2GO (**PURPLE**) mixture. Drink it completely. Then open the pouch of EZ2go Simethicone (**GOLD**) and take the pill with 8 oz of water.

**\*\*PLEASE TRY TO DRINK 8 OZ EVERY 15 MINUTES TO COMPLETE 32 OZ OF PREP\*\***

**\*\*\* ONCE COMPLETED NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE \*\*\***

#### **YOU MUST HAVE A RESPONSIBLE RIDE HOME**

-MUST BE 18 OR OLDER

-MUST BE READILY AVAILABLE

-YOU CANNOT USE UBER, LYFT OR TAXI

**If you have any questions, please call our office at 978-454-9811**