

Colonoscopy Instructions for EZ2go

PATIENT NAME: _____

PROCEDURE SCHEDULED: _____

FIVE DAYS BEFORE PROCEDURE: **Date:** _____

STOP taking Iron, fish oil, vitamin E **STOP** eating all seeds, nuts, popcorn **OK** to take regular medications

Purchase 64 ounces of Gatorade or your preferred low sugar electrolyte drink. Do not get flavors that are red, blue, or purple.

You must mix the EZ2go powder with an electrolyte drink. This is very important to ensure your electrolytes stay balanced during your bowel prep.

TWO DAYS BEFORE PROCEDURE: **Date:** _____

At 8 pm, mix 1 red packet of EZ2go Magnesium Citrate in 10 ounces of cold water, electrolyte drink, or other clear liquid (non-carbonated) of your choice. Drink immediately after stirring.

DAY BEFORE PROCEDURE: **Date:** _____

Clear liquid diet ALL day for breakfast, lunch and dinner. Clear liquids include; apple/white grape Juice, Sprite, Gatorade, chicken broth, Jello or popsicles (not red, blue or purple), black coffee (no milk or cream) & tea. **NO SOLID FOOD!!!!**

12:00 pm:

Take the 4 prep pills in the beige packet with 8 ounces of water. Mix the entire bottle of EZ2go powder with 64 ounces of Gatorade. Chill with ice or refrigerate.

4:00 pm:

Drink four 8 ounce glasses of the EZ2go solution, one every 20 minutes. Save the rest of the solution for your morning dose.

***if you have not started evacuating by 8:00 pm, mix the second red packet of EZ2go Magnesium Citrate in 10 ounces of cold water, electrolyte drink, or other clear liquid (non-carbonated) of your choice. Drink immediately after stirring.**

MORNING OF PROCEDURE: **Date:** _____

5 hours before your procedure time:_____ (8 hours before if you are having a double procedure)

Drink four 8-ounce glasses of the EZ2go solution every 20 minutes and then an additional 16 ounces of clear liquid of your choice. You have two hours to do this, but you must finish drinking everything 3 hours before your procedure.

Do not skip this dose of your bowel prep, even if you are running clear when you go to the bathroom. The second dose of prep washes away the bile that your body produces overnight. Your procedure may be cancelled or aborted if you do not do the second half of your prep.

THREE HOURS BEFORE YOUR PROCEDURE, YOU MUST STOP DRINKING ALL FLUIDS, EVEN WATER.

(IF YOU ARE HAVING A DOUBLE PROCEDURE, YOU MUST STOP ALL FLUIDS SIX HOURS BEFORE)

See reverse side for additional instructions if applicable