



Patient Name: _____

Date of Birth: _____

Procedure Date: _____

Procedure Time: _____

Physician: _____

Arrival Time: _____

Procedure Location: _____

COLONOSCOPY PREP INSTRUCTIONS WITH EZ2Go

THE WEEK BEFORE YOUR PROCEDURE

- Purchase the EZ2Go Prep Kit, clear liquids, aloe baby wipes (optional), Desitin or A & D ointment (optional).
- Confirm your transportation—Patients cannot drive a vehicle for the remainder of the day after their procedure. A responsible adult must be with you to drive you home or accompany you if using any ride service.
- Stop taking supplements, iron, vitamin E, and fish oil.
- Stop eating seeds, nuts, corn, and popcorn. Please stay on a LOW fiber diet and avoid all raw vegetables.
- If you have a history of constipation, take a capful of Miralax every night for 7 days prior to your procedure. If you have had a failed bowel prep in the past, contact your provider for guidance.

THE DAY BEFORE YOUR COLONOSCOPY

Combine the large bottle of polyethylene glycol (white bottle with purple cap) with 64 oz of a clear electrolyte-based beverage (e.g., Gatorade, Powerade, Smartwater, Crystal Lite, Liquid IV). Divide this mixture into equal 32 oz portions, consuming the first part today and the next part tomorrow. Do not mix with coffee or alcohol.

Prior to 9:00 a.m., you may have 2-3 eggs and 2-4 strips of bacon or turkey bacon. Avoid dairy, such as butter or cream when cooking. 1-2 yogurts are acceptable alternative if you don't eat eggs/meat. Can cook eggs any way desired. **Prior to 12:00 p.m.**, you may have 1-2 yogurts (vanilla, fruit flavored or plant based acceptable, avoid fruit chunks).

STEP 1: after 12:00 p.m., you will begin the clear liquid diet. Clear liquids include water, clear sodas, clear broth, electrolyte drinks, Jello, apple juice, white grape or white cranberry juice, lemonade, and coffee or tea (without milk, cream, or non-dairy creamer). Do not drink anything red, blue, or purple.

STEP 2: At 2:00 p.m., take 2 bisacodyl tablets (brown pouch). These can be taken at work.

STEP 3: At 5:00 p.m., begin drinking the first 32 oz of your mixture. Drink 8 oz every 15-20 minutes until the entire mixture is finished.

STEP 4: At 8:00 p.m., mix the Magnesium Citrate (red package) into 10 oz of flavored clear liquid. Mix well, add ice and drink immediately.

STEP 5: At 9:00 p.m., take the remaining 2 Bisacodyl tablets (brown pouch) and Simethicone tablet (yellow pouch) with water.

THE DAY OF YOUR COLONOSCOPY

Continue to drink ONLY CLEAR LIQUIDS. NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE

Drink the remaining 32 oz of your polyethylene glycol mixture at _____ A.M. (5 hours prior to your procedure).

You must STOP drinking all liquids 3 hours before your procedure time. In the 3 hours before your procedure, you must have nothing by mouth (no gum, hard candy, smoking/vaping, or even sips of water).

MEDICATIONS: If you use an inhaler, please bring it with you to the procedure.

BLOOD PRESSURE: If you take medication in the morning, take it with a small sip of water no later than 3 hours before your procedure.

DIABETICS: If you are **DIABETIC** do not take your oral diabetes medicines on the day of the procedure. If you take insulin, do not take it in the morning of the procedure, but bring it with you. If you take a GLP-1 agonist (Ozempic, Wegovy, Trulicity, Victoza, Rybelsus, Semaglutide) it must be stopped for 1 week prior to the procedure if you take it weekly, and for 1 day if you take daily. Contact your prescriber for specific advice on how to manage your blood sugar while you are not taking these medications.

PRESCRIPTION WEIGHT LOSS MEDICATION: Phentermine must be held for 7 days prior to the procedure due to the risk of severe anesthesia complications. If you take a GLP-1 agonist (Ozempic, Wegovy, Trulicity, Victoza, Rybelsus, Semaglutide) it must be stopped for 1 week prior to the procedure if you take it weekly, and for 1 day if you take daily.

PRESCRIPTION BLOOD THINNER: Blood thinners may need to be temporarily discontinued prior to your procedure. The timing depends on which medication you take and why. Do not stop these medications without discussing with your prescribing provider. Your physician will instruct you regarding restarting these medications after your procedure.

OTHER INSTRUCTIONS

Please stop all tobacco use, alcohol use, or other recreational drug use for at least 24 hours before your procedure.

Please remove all oral jewelry, such as tongue or lip rings, prior to the procedure.

Please contact us if you were diagnosed with a new medical condition, have any upcoming cardiac testing, started taking new medications, been recently hospitalized or visited the emergency room, have new symptoms related to chest pain or difficulty breathing, or have new flu-like symptoms such as fever, cough, or congestion.

CANCELLATION POLICY

Cancellations less than 3 business days in advance will be treated as a missed appointment and subject to a \$200 fee.

SPECIAL INSTRUCTIONS FROM YOUR HEALTHCARE PROVIDER:
