

## EZ2go Colon Cleansing Protocol

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

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) pouch 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.

**If you are taking Iron, Coumadin, Plavix, Aspirin, Blood Thinners; PLEASE NOTIFY YOUR PHYSICIAN PRIOR TO TAKING THIS PREPARATION!**

**For diabetics on insulin: Check with your diabetes physician on how to adjust your medication for this exam.**

### 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 (5 HOURS BEFORE PROCEDURE)**

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\*\***

**\*\*\* Nothing to drink for 4 hours prior to your procedure \*\*\***

**Please arrive 30 minutes before your scheduled procedure time at the Endoscopy Center.**

**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 978-429-2010**