

EZ2go Preparation for Colonoscopy

PREP KIT INCLUDES: MAGNESIUM CITRATE/BISACODYL (DULCOLAX)

EZ2go prep kit is available for pick up at Middlesex Endoscopy Center 45A Discovery Way Acton, MA 01720 or may be shipped to your home for an additional fee if requested. Please call our office at 978-429-2010 two weeks prior to your scheduled appointment to allow adequate time for shipping.

The laxative kit contains (three) 10 oz bottles of Magnesium Citrate, 1 packet containing (four) 5-mg Bisacodyl tablets. *Please disregard 1 out of the 4 Bisacodyl(dulcolax) tablets*

FIVE DAYS PRIOR:

Start eating a **low fiber diet** (see low fiber diet page)

Stop multivitamins, iron, vitamin E, calcium, NSAIDs (advil, ibuprofen, motrin, aleve, etc.) and aspirin. Baby Aspirin 81mg and Tylenol are ok to continue. **If you take an Anticoagulant, Plavix, Aspirin 325mg or a GLP1 antagonist (ex. Ozempic, Trulicity, Wegovy, ect) or an SGLT2i medication (ex. Jardiance, Invokana ect) please call our office 978 429 2010 for instructions to avoid a possible cancellation.**

DAY BEFORE EXAM:

CLEAR LIQUIDS ONLY (see clear liquid diet below)

9 AM: take 3 Bisacodyl (dulcolax) tablets with clear liquid.

5 PM: drink 1 and ½ bottles (total 15 oz) of the Magnesium Citrate

Within 2 hours of drinking Magnesium Citrate: drink at least three 8oz glasses of clear liquids.

DAY OF EXAM: (Continue clear liquid diet)

6 hours before your scheduled procedure time:

Drink the remaining 1 and a ½ bottles (total of 15oz) of Magnesium Citrate.

Drink at least 3 additional 8oz glasses of water. This should take no longer than 2 hours.

4 Hours prior to procedure time: STOP drinking clear liquids (including water/ice chips)

Failure to comply with instructions may cause a delay/cancellation of your procedure

Important to Note: chills, nausea, and abdominal cramping are normal responses to the prep.

Call our office at 978 429 2010 if you are unable to tolerate the prep or have any questions/concerns.

CLEAR LIQUID DIET

*****STOP DRINKING CLEAR LIQUIDS 4 HOURS PRIOR TO PROCEDURE TIME*****

YES – OK To Have	NO – Avoid These
Water	Milk, Cream or Honey
Apple juice, white grape juice, white cranberry juice	Any red, blue, purple liquids
Limeade or lemonade	Orange or tomato juice
Black coffee or black tea (sugar only ok)	Cream soups
Chicken or Beef Broth	Any soup other than clear broth
Gelatin without toppings (no red, blue, purple)	Oatmeal or cream of wheat
Gatorade or clear sports drinks	Any alcohol

Please keep in mind that is an estimated appointment time, because the time involved in each procedure is often unpredictable, and procedures are scheduled to follow each other consecutively: there are occasions when the schedule runs behind. Your patience and understanding are appreciated.

LOW FIBER DIET

A low fiber diet is easy to digest and does not leave residue in the colon before procedure.

Type of Food/Drink	YES – OK To Have	NO – Avoid These
Milk and Dairy	Milk, Cream, Hot chocolate, Buttermilk, Cheese including cottage cheese, Yogurt, Sour cream	No yogurt that has nuts, seeds, granola, fruit with skin or berries
Bread and Grains	Breads and grains made with refined white flour, white pasta, white rice, plain crackers, low-fiber cereal (<1g fiber)	Brown/wild rice, whole-grain breads/pasta, high-fiber cereal, bread or cereal with nuts or seeds or flax
Meat	Chicken, Turkey, Lamb, Lean pork, Veal, Fish and seafood, Eggs, Tofu	Tough meat with gristle
Legumes	None allowed	Dried peas, dried beans, lentils, any other legumes
Fruits	Fruit juice without pulp, Applesauce, Ripe cantaloupe and honeydew, Peeled apricots and peaches, Canned or cooked fruit without seeds or skin	Raw, cooked, canned fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon) Raisins/dried fruit
Vegetables	Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips) Potatoes without skin, Cucumbers without seeds or peel	Corn, Potatoes with skin, Tomatoes, Cucumbers with seeds and peel, Cooked cabbage or Brussels sprouts, Green peas, Summer and winter squash, Lima beans, Onions
Nuts, Nut Butter, Seeds	Creamy (smooth) peanut or almond butter	Nuts including peanuts, almonds, walnuts, Chunky nut butter, Seeds such as fennel, sesame, pumpkin, sunflower
Fats and Oils Small amounts for cooking	Butter, Margarine, Vegetable and other oils, Mayonnaise, Salad dressings made without seeds or nuts	No salad dressing made with seeds/nuts
Soups	Broth, bouillon, consommé, and strained soups, Strained milk or cream-based soup	Unstrained soups, Chili, Lentil soup, Dried bean soup, Corn soup, Pea soup
Desserts	Custard, Plain pudding, Ice cream, Sherbet/sorbet, Jell-O/gelatin without added fruit or red or purple dye, Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts	Coconut, Anything with seeds or nuts, Anything with added red or purple dye, Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts
Drinks/Beverages	Coffee, Tea, Hot chocolate, Clear fruit drinks (no pulp), Soda and other carbonated beverages, Ensure, Boost, or Enlive without added fiber	Fruit or vegetable juice with pulp Beverages with red or purple dye
Other	Sugar, Salt, Jelly, Honey, Syrup, Lemon juice	Coconut, Popcorn, Jam, Marmalade, Relishes, Pickles, Olives, Stone-ground mustard