



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 (please reference 'liquids that are ok to drink' on page 2), aloe baby wipes (*optional*), desitin or A&D ointment (*optional*).
- Confirm your transportation to and from your procedure with a responsible adult.
- Stop taking vitamin E, fish oil supplements, and NSAIDS (Aleve, Advil, Celebrex, Naproxen and Motrin).
  - Tylenol, "baby" aspirin, and regular aspirin are OK to take.
- If you have a history of constipation or a failed bowel prep, take a capful of Miralax every night for 7 days prior.

### **5 DAYS BEFORE YOUR PROCEDURE – BEGIN LOW FIBER DIET.**

#### **1 DAY BEFORE YOUR PROCEDURE**

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.

**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 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 remaining 2 Bisacodyl tablets (brown pouch) and Simethicone tablet (yellow pouch) with water.

#### **DAY OF YOUR PROCEDURE**

##### **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 may have 8-10 oz of black coffee or tea (without sugar, milk, or cream) and water up to 4 hours before your procedure time. However, nothing else, including water, gum, hard candy, or mints, can be consumed within 4 hours before your procedure.

If you are on blood pressure, heart, or thyroid medications, you may take them after completing the morning portion of your prep with a small sip of water.



## TRANSPORTATION

Patients cannot drive a vehicle for the remainder of the day after having sedation. A responsible adult must be with you to drive you home or accompany you if using any ride service.

## CANCELLATION

Cancellations less than 72 hours in advance will be subject to a \$200 no-show fee.

## WHAT YOU CANNOT DO THE DAY BEFORE AND THE DAY OF YOUR PROCEDURE

- Do not drink milk or smoothies.
- Do not eat or drink anything colored red, blue, or purple.
- Do not drink alcohol.

## LIQUIDS THAT ARE OK TO DRINK

- Coffee and tea (no cream or non-dairy creamer)
- Fruit juices (without pulp)
- Gelatin desserts (no fruit or topping)
- Water
- Lemonade, Gatorade, Crystal Light
- Chicken, beef, fish, or vegetable broth

## NOTES

- Be sure to tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements. Your prep may affect how other medicines work.
- Medication taken by mouth may not be absorbed properly when taken within 1 hour before the start of each dose of your prep. Wait 2 hours after finishing your prep dose.
- The most common adverse reactions after administration of your prep is nausea, abdominal distension, vomiting, abdominal pain, and headache. Contact our office if you experience symptoms like severe vomiting, irregular heartbeats, or dizziness.
- If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution and additional water until symptoms diminish.
- Patients who use an inhaler should bring it with them to their procedure.

**If any of the following circumstances pertain to you since your procedure was scheduled, contact your doctor before starting your prep:**

- Been diagnosed with a new medical condition.
- Started taking new medications.
- Been hospitalized or visited the emergency room.
- Have upcoming appointments or tests with a cardiologist or pulmonologist.
- Experiencing respiratory symptoms, new chest pain or difficulty breathing.
- If you have flu-like symptoms such as fever, cough, or congestion.

## SPECIAL INSTRUCTIONS FROM YOUR HEALTHCARE PROVIDER

**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 take oral medications, do not take the morning of your procedure. If you take insulin, do not take it the morning of your procedure, but bring it with you. If you take a GLP-1 agonist (Ozempic, Wegovy, Trulicity, Victoza, Rybelus, Semiglutide) it needs to be held for one week if you take it weekly, and one day if you take it daily. Contact your prescriber for specific advice on how to manage your blood sugar while you are holding this medication.

**PRESCRIPTION WEIGHT LOSS MEDICATION:** Phentermine must be held for 7 days prior due to the risk of severe anesthesia complications. Patients on a GLP-1 agonist (Ozempic, Wegovy, Trulicity, Victoza, Rybelus, Semiglutide) need to hold it one week if you take it weekly, and one day if you take it daily.

**PRESCRIPTION BLOOD THINNER:** Blood thinners may need to be temporarily discontinued prior to your procedure. The length of time you will need to stop your medication depends upon which drug you are taking. If you are on a blood thinner, you should consult with your prescribing doctor about whether you should continue or discontinue these medications. Do not stop these medications without first talking to your doctor. You will restart these medicines after the procedure, unless otherwise directed by your doctor.

## IMPORTANT

- You must carefully follow the directions about stopping drinking. Three hours before your procedure you should have nothing by mouth (no gum, no hard candy, no oral tobacco).
- Do not smoke or vape 24 hours prior to your procedure.
- Using marijuana/cannabis (even if medically prescribed) or any other recreational drugs the day of your procedure can increase the risk of anesthesia complications.