

## EZ2GO Colon Cleansing Protocol

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

Please read all instructions at least two (2) days before your examination or procedure. Your physician may adjust your dosing times.

EZ2go laxatives include four (4) pouches of EZ2go PEG 3350 (**GREEN**), two pouches of EZ2go Magnesium Citrate (**RED**), and one pouch of EZ2go Simethicone (**GOLD**). Please adhere to the instructions carefully.

**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. Please remain within easy access to toilet facilities.**

**If you are taking Iron, Coumadin, Plavix, Aspirin, Blood Thinners or any other Medications, please notify your physician prior to following this regimen!**

For diabetics on insulin: Check with your diabetes physician 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.

**NOTE: If COLON procedure is scheduled after 12:00 noon, you may have a light breakfast day before 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 creamer)

#### **All of the following that are not colored red or purple:**

- Gatorade, carbonated and non-carbonated soft drinks
- Kool-Aid (or other fruit-flavored drinks)
- Plain Jell-O (without added fruit or toppings)
- Ice popsicle (NOT RED OR PURPLE COLORED)

**DAY BEFORE PROCEDURE:**

**Step #1:** Starting at **5:00pm**, combine one (1) pouch of EZ2go PEG 3350-Lax (**GREEN**) in a glass with 10 oz of Gatorade and stir. Drink it completely.

**Step #2:** Repeat step #1 at **5:15pm**, utilizing another pouch of EZ2go PEG 3350 (**GREEN**).

**Step #3:** At **6:00pm**, combine one (1) pouch of EZ2go Magnesium Citrate (**RED**) in a glass with 10 oz of Gatorade and stir. Drink it completely.

**Step #4:** At **7:00pm**, combine one (1) pouch of EZ2go PEG 3350 (**GREEN**) in a glass with 10 oz of Gatorade and stir. Drink it completely.

**Step #5:** Repeat step #4 at **7:15pm**, utilizing another pouch of EZ2go PEG 3350 (**GREEN**).

**THE DAY OF THE PROCEDURE (8 HOURS BEFORE PROCEDURE)**, combine one (1) pouch of EZ2go Magnesium Citrate (**RED**) in a glass with 10 oz of Gatorade and stir. Drink it completely. Then open the pouch of EZ2go Simethicone (**GOLD**) and take the pill with water.

\*\*\*Drink at least three (3) or more 8 oz portions of clear liquids before retiring. You may drink more if desired but nothing to eat or drink for 8 hours prior to your procedure.\*\*\*

Arrive **ONE HOUR BEFORE YOUR SCHEDULED TIME** at the Endoscopy Center.