

# EZ2GO PREP

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for your colonoscopy. Please follow these instructions. Begin the bowel prep the day before your scheduled procedure.

## Included in your EZ2GO PREP BOX:

- ez2go PEG3350-1 large bottle
- 1 pouch Magnesium Citrate
- 1 pouch of Bisacodyl tablets
- 1 pouch 80mg Simethicone tablet

• Buy one large 64-ounce bottle of a sports drink such as Gatorade or a clear liquid of your choice. This will be used to mix your PEG3350 the day before your test. **Do not use carbonated beverages.**

## The day before your test

1. Drink only clear liquids. Avoid all red, purple, blue or green colored liquids. Do not eat any solid food or milk products until your test is done.
2. Clear Liquids:
  - Water • Gatorade (yellow, orange, white) • Strained fruit juices (no pulp) • Clear broth or bouillon
  - Popsicles • Jello • Ice • Kool Aid • Coffee or tea (no milk or cream)
3. Follow the schedule below for your bowel prep. The bowels are clear or clean when there is only pale-yellow fluid without flecks of stool.

**1:00 PM** – Take 2 **bisacodyl tablets** with a drink of clear liquids. **Mix the PEG3350** in a 64-ounce bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder, and put it in the refrigerator. Most people prefer to drink the liquid chilled so putting it in the refrigerator helps.

**3:00 PM** – Mix the **Magnesium Citrate** with 10 oz Gatorade, pour over ice and drink immediately.

**5:00 PM** - Start to drink the PEG3350 solution. Drink an 8 oz. glass every 20 to 30 minutes. Be sure to finish all the liquid. Take the **80mg Simethicone** when finished with this solution & remaining two **bisacodyl tablets**.

**Do not drink anything else after 12 midnight or 8 hours prior to your procedure if you have a later morning or afternoon procedure. You may gargle, but do not swallow any liquid.**

## The morning of the colonoscopy:

- You can take your morning medicines (i.e., blood pressure/thyroid), with small sips of water only.
- You will need to have someone with you to take you home after your procedure. You will not be able to leave by yourself, and it will not be safe for you to drive because of the medicine you are given at the start of the test. Taxis and buses are not acceptable. You can expect to be at the facility 2-3 hours from your arrival time.

**For any questions or concerns, contact the office at 210-615-8308.**

**PLEASE CALL THE OFFICE AT LEAST 48 HOURS IN ADVANCE IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE.**