

Please read these instructions 1 week prior to your procedure.

Gastroenterology Associates of Fredericksburg

EZ 2 GO Prep Instructions

You MUST arrange a ride for the day of your exam. If you fail to arrange acceptable transportation, your procedure will be rescheduled. If you must cancel or reschedule your appointment, please call our office at (540) 371-7600 at least 3 business days before your scheduled procedure to avoid a cancellation fee.

This prep kit contains:

- 238 gram bottle of PEG 3350 (Polyethylene Glycol--white bottle, purple caps.
- 1 packet containing four 5mg Bisacodyl tablets (brown pouch)
- 10oz bottle of Magnesium Citrate
- 1 pouch containing 80mg Simethicone (yellow pouch)

**** If your kit contains a Red Pouch of powder magnesium citrate - please discard this ****

In addition to these items you will also need to have the following items on hand:

- 64 oz. Clear Liquids. (i.e. Gatorade, G2, Gatorade Ice, Powerade, Powerade Zero, Crystal Light or Smart Water are acceptable. DO NOT purchase flavors that contain RED or PURPLE coloring.
- Baby Wipes (optional)

7 DAYS BEFORE YOUR COLONOSCOPY:

- Discontinue fiber supplements, chalky antacids and medications/supplements containing iron.
- If you take aspirin you may continue to take them as usual unless otherwise instructed by your physicians.
- You should stop taking NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen for 7 days prior to your procedure.
- Ask your prescribing doctor for specific instructions if you take a blood thinner if we did not give you directions on how to hold your medication prior to your procedure. If you need to continue your blood thinner please contact our office 1 week before your procedure.
- If you have diabetes you may continue your medication prior to the procedure but you should take only ½ of your regular dose the day prior to the procedure, and hold all medication on the day of your procedure until after the procedure has been completed. If you are taking insulin, please inform your PCP or Endocrinologist as this may need to be adjusted.

5 DAYS BEFORE YOUR COLONOSCOPY:

- Stop eating all nuts, seeds, dried fruits and popcorn. BEGIN A LOW FIBER/LOW RESIDUE DIET (attached).
- Stop taking certain blood thinners, such as (If you have an artificial heart valve, DVT, or pulmonary embolus, you need to call your primary care physician or cardiologist and notify them of this and discuss a possible alternative anticoagulant. If you are on a blood thinner that is not listed above, check your prescribing physician to how many days prior to your procedure you should hold the medication or if you require an alternative anticoagulant around the time of your procedure.

1 DAY BEFORE YOUR COLONOSCOPY:

- Upon waking in the morning, immediately begin a clear liquid diet. Drink at least 8 - 10 large glasses of water or clear liquids during the day to avoid dehydration.
- By 10am mix the large bottle of Polyethylene Glycol (white bottle with purple cap) with 64 oz. of your Gatorade or Crystal Light or other clear liquid listed above and refrigerate (remember, do not use a liquid with red or purple coloring).

Acceptable Liquid

Gatorade, Pedialyte, Powerade, Smart Water
Clear broth or bouillon
Coffee or tea (no milk or non-dairy creamer)
Carbonated and non-carbonated soft drinks
Kool-Aid (no red or purple) or other fruit-flavored drinks
Strained fruit juices (no pulp)
Jell-O, Popsicles, hard candy (no red or purple)

Not Acceptable Liquid

ALCOHOL
Red or Purple items of any kind
Milk or non-dairy creamers
Noodles or Vegetables in soup
Liquid you cannot see through
Juice with pulp

(Day Before Your Colonoscopy continued)

- At 3pm, take 2 Bisacodyl tablets (brown pouch) with 8 oz. of clear liquid.
- Between 3pm-6pm begin drinking 8oz glasses of the Polyethylene solution every 20 minutes until it is finished.
- If you feel nauseous, you can take longer breaks between each glass
- Drinking through a straw and keeping liquid cold may also help with nausea
- At 8:30 pm, take your last 2 Bisacodyl tablets (brown pouch) and 80 mg Simethicone tablet (yellow pouch) with water. Continue drinking clear liquids until you go to bed.

8 HOURS PRIOR TO YOUR COLONOSCOPY:

- Drink the 10oz bottle of Magnesium Citrate as quickly as tolerated. ** If your kit contains a Red Pouch of powder magnesium citrate - please discard this **
- You may drink small quantities of black coffee or tea (no sugar or cream) and water until 4 hours before your procedure.
- 4 hours before your scheduled procedure time, stop drinking clear liquids (no gum or candy).
- You may take all morning medications (that includes Heart, Blood Pressure, Asthma, and Seizure medications) as usual with a sip of water up to 3 hours before your procedure.

Group	Recommend	Avoid
Milk & Milk Products	all milk products	Low Residue Diet – only 2 cups daily of all milk products
Vegetables	vegetable juice without pulp; the following cooked vegetables: yellow squash (without seeds), green beans, wax beans, spinach, pumpkin, eggplant, potatoes without skin, asparagus, beets, carrots; tomato sauce and paste	vegetable juices with pulp, raw vegetables, cooked vegetables not on the Recommend list
Fruits	fruit juices without pulp, canned fruit except pineapple, ripe bananas, melons, peeled and cooked apples, orange and grapefruit without the membrane	fruit juices with pulp, canned pineapple, fresh fruit except those on Recommend list, prunes, prune juice, dried fruit, jam, marmalade
Starches – Bread & Grains	bread and cereals made from refined flours, pasta, white rice, saltines, tapioca	whole-grain breads, cereals, rice, pasta, bran cereal, oatmeal
Meat or meat substitutes	meat, poultry, eggs, seafood, cottage cheese, other mildly flavored cheese	chunky peanut butter, nuts, seeds, dried beans, dried peas, tough gristly meats, hot dogs, sausage, sardines, fried meats, strongly flavored cheeses *NO TOUGH MEAT WITH GRISTLE
Fats & Oils	all oils, margarine, butter	coconuts, fats used for deep frying
Sweets & Desserts	all not on Avoid list	desserts containing nuts, coconut, raisins, seeds
Miscellaneous	all not on Avoid list	popcorn, pickles, horseradish, relish