

2-Day Ez2Go Colonoscopy Preparation

Purchase the Following Products:

1. **Gatorade 64 ounces (NOTHING RED OR PURPLE)** to mix with bottle of Ez2Go preparation. Diabetics, please choose a sugar-free option such as G2, PowerAde Zero or Propel.

IF YOU ARE TO BE SEDATED, A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (~90 minutes total). NO EXCEPTIONS.

Please read all instructions thoroughly.

Call us immediately at 801-619-1115

if you have severe allergies to soy beans or eggs.

IF YOU HAVE KIDNEY DISEASE—DO NOT TAKE MAGNESIUM CITRATE

TWO Days BEFORE Your Exam:

- Eat a light breakfast prior to **9:00 AM**, then no solid food until after your exam!
- Drink plenty of **CLEAR** liquids throughout the rest of the day (**no lunch or dinner**). **Clear liquids include:** Water, sports drinks, black coffee, tea, soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED OR PURPLE.**

The Day BEFORE Your Exam:

- At **9:00 AM**, take 4 Bisacodyl laxative tablets included in your Ez2Go package.
- At **10:00AM**, drink the first half of the Ez2Go solution over 1-2 hours
- Continue drinking additional clear liquids throughout the day and evening.
- At **5:30 PM**, drink the second half of the Ez2Go solution over 1-2 hours.
- A soothing ointment (Desitin, Vaseline) may be applied to the anal area to prevent discomfort and skin breakdown.

The Day of Your Exam:

- **Four (4) hours** before your arrival time, mix Magnesium Citrate packet in your Ez2Go package with 10 oz of water and drink. Continue to drink clear liquids until 2 hours before your appointment arrival time.
- **NOTHING BY MOUTH FOR 2 HOURS BEFORE YOU ARRIVE! (This includes water, gum and mints. NOTHING by mouth.)**
- Bowel movements should be very watery and yellow or green in color. **CALL US IF STOOLS ARE STILL BROWN!**

Medications:

- Take all your regularly prescribed medications at least two (2) hours before you arrive. **If you have an inhaler, please bring it with you.**

Diabetics:

- Test your blood sugar before coming in for your procedure and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure.
- Bring your insulin with you.
- Please contact the physician that manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.

Blood Thinners:

- If you are taking blood thinners, call your prescribing physician and ask if you may stop taking the medication for the required amount of time prior to your procedure.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

Bring with you:

- **Completed paperwork forms** that were sent to you
- **Photo ID and Insurance Card**
- **List of all medications**, vitamins and supplements you are taking (include dosage and last date and time each medication was taken before your arrival)
- **Wear a short-sleeved shirt**

Arrive at the Endoscopy Center at your scheduled time. Please call us if you have any questions regarding your preparation.

Granite Peaks Endoscopy Center
10150 S Petunia Way, Sandy, UT 84092
801-619-1115