

## 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. (~2 hours total). NO EXCEPTIONS.**

*Please read all instructions thoroughly.*

### The Day BEFORE Your Exam:

- **STOP** all solid foods. NO SOLID FOOD until after your exam.
- Beginning with a clear liquid breakfast, continue to drink at least 8 glasses (64 oz) of **CLEAR** liquids throughout the day and evening. **Clear liquids include:** Water, sports drinks, black coffee, tea, any soda (light or dark), broth, Jell-O, popsicles, and juice without pulp. **NOTHING RED OR PURPLE.**
- At **4:00 PM** take the four (4) Ez2Go Tablets from the included packet
- At **5:30 PM** drink half of the total Ez2Go/Gatorade solution over the next 2 hours.
- Continue drinking additional clear liquids throughout the evening.
- 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, drink the remaining half of the Ez2Go/Gatorade solution over the next 2 hours.
- **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**

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Arrive at the Endoscopy Center at your scheduled registration time. Call us with any questions regarding your preparation.

**Granite Peaks Endoscopy Center**  
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