

SHAYA

DIGESTIVE & LIVER CLINIC

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Colonoscopy Prep Instructions — EZ2GO Kit

Please read all instructions carefully and completely before your procedure day.

⚠️ Diabetic patients: Please contact your prescribing doctor before your prep day to discuss adjusting your diabetes medications, since you will be on a clear liquid diet the day before. Check your blood sugar frequently while drinking your prep solution, and again the morning of your procedure before leaving home.

BEFORE YOU BEGIN

14 days

BEFORE PROCEDURE

All **weight loss medications** — Ozempic, Mounjaro, Wegovy, and any OTC weight loss products

Medications to Stop in Advance

7 days

BEFORE PROCEDURE

Iron supplements and multivitamins containing iron

5 days

BEFORE PROCEDURE

Higher-dose aspirin, Plavix, Brilinta, Aggrenox, Coumadin (Warfarin) — check with your cardiologist or PCP first

3 days

BEFORE PROCEDURE

Arthritis medications: Motrin, Aleve, Ibuprofen, Celebrex
Blood thinners: Xarelto, Eliquis, Pradaxa — check with your doctor first

✓ **Tylenol (acetaminophen)** is safe to take. ✓ **Low-dose aspirin (75–81 mg)** does not need to be stopped.

Please confirm you have your prep kit or prescription **at least 3 days before** your procedure.

 **Purchase your EZ2GO kit directly from our clinic** — ask our front desk at check-out or call us at (713) 497-1143. Please have your kit in hand **at least 3 days before your procedure** so there is time to address any questions.

2 NIGHTS BEFORE

Bedtime

Bedtime Open the **RED PACKET** (Magnesium Citrate) from your EZ2GO kit. Mix with **10 oz of water** and drink completely. If you don't have a kit, purchase magnesium citrate over the counter.

DAY BEFORE

Clear Liquid Diet All Day

✓ ALLOWED CLEAR LIQUIDS

- | | |
|--|---|
|  Water |  Coffee (no creamer) |
|  Tea (no milk) |  Apple juice |
|  White grape juice |  Gatorade / Powerade |
|  Lemonade (clear) |  Clear broths |
|  Hard candy |  Popsicles |
|  Jell-O / gelatin |  Kool-Aid |
|  Flavored ice slushes |  Sprite / 7-Up |

✗ DO NOT HAVE

-  Red, blue, or purple colored drinks
-  Milk, cream, or dairy
-  Smoothies or protein shakes
-  Pulpy or cloudy juices
-  Alcohol of any kind
-  Soups with noodles or solids
-  Coffee with creamer or milk

 **Why clear liquids?** A clear liquid is anything you can see through. The goal is to keep you hydrated while allowing your colon to empty completely for the best possible exam.

Drink at least **8 oz of clear liquid every hour** for 8 hours before starting your prep — staying hydrated is important.

12:00 PM Take **4 Dulcolax tablets** (laxative) with a full glass of clear liquid. These are in your EZ2GO kit as the **TAN PACKET**, or purchase over the counter.

3:00 PM **Mix your EZ2GO prep:** Pour the entire powder (238g) into 64 oz of Gatorade (or water, tea, lemonade, or Sprite). Stir thoroughly, then refrigerate for 30 minutes. **Drink one full glass every 15–20 minutes until the full 64 oz is finished.** If you received a pre-mixed prescription, it is ready to drink after chilling.

Evening Continue drinking clear liquids throughout the evening.

10:00 PM Take **1 Gas-X or Mylanta Gas tablet** (simethicone) with 8 oz of clear liquid. This is the **YELLOW PACKET** in your EZ2GO kit.

◆ **Nothing to eat or drink after midnight** ◆

THIS INCLUDES GUM, MINTS, AND ANY BEVERAGES OTHER THAN SMALL SIPS OF WATER FOR MEDICATIONS

DAY OF PROCEDURE

Morning Instructions

Medications Take your **regularly scheduled medications** (including heart and blood pressure meds) with a small sip of water.

If After 12 PM If your procedure is scheduled **after 12:00 PM**, you may have clear liquids that morning — but stop **no later than 7:00 AM** or **6 hours before your procedure time**, whichever comes first.

Your Driver Your driver must be present and available to hear discharge instructions. **Taxis, rideshares (Uber/Lyft), and public transit are not acceptable substitutes.** A responsible adult must accompany you home.

REFERENCE

Blood Thinner Guide

Always check with your cardiologist, hematologist, or primary care physician before stopping any blood thinner.

Medication	Action
Low-dose Aspirin (75 mg or 81 mg)	✓ Continue — no need to stop
Higher-dose Aspirin · Plavix (Clopidogrel) · Brilinta	Stop 5 days before

(Ticagrelor) · Aggrenox	
Coumadin / Warfarin	Stop 5 days before
Xarelto (Rivaroxaban) · Eliquis (Apixaban) · Pradaxa (Dabigatran)	Stop 3 days before

Helpful Tips for a Smoother Prep

- ✦ Suck on hard candy between glasses to help with the taste.
- ✦ Squeeze fresh lemon or lime juice into each glass of prep — it helps significantly.
- ✦ Use a straw and drink through it to bypass some taste receptors.
- ✦ If you feel nauseated, chilled, or have cramping — pause for 30 minutes, then continue slowly.
- ✦ If your rectal area becomes irritated, apply zinc oxide cream (like Desitin) as needed.
- ✦ Use moist, unscented flushable wipes instead of dry toilet tissue for comfort.
- ✦ The facility will call you the day before your procedure with your exact arrival time.

PATIENT / CONTACT INFO

PROCEDURE LOCATION

PROCEDURE DATE

Cancellation & No-Show Policy: A **\$50 fee** per procedure will be charged for no-shows or late cancellations. This fee is not covered by insurance and will be collected at the time of scheduling. If you need to reschedule, please notify our office **at least 24 hours in advance** to avoid this charge.

Shaya Digestive & Liver Clinic
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Questions? Call us during
regular business hours.

