

Colonoscopy Prep Instructions - EZ2GO Kit

Read every section before your prep begins. Your personalized instructions from the clinic and your prescribing clinician always take priority.

What is the EZ2GO Kit?



The EZ2GO kit contains the supplies needed for your colonoscopy preparation in color-coded packets. You will begin **two nights before** your procedure and drink the full **64 oz preparation solution** the evening before. Most patients tolerate this preparation well.

RED PACKET

Magnesium Citrate

TAN PACKET

Dulcolax tablets

YELLOW PACKET

Gas-X

Important for patients with diabetes



Contact your prescribing doctor **before your prep day** to discuss diabetes medication adjustments. You will be on a clear liquid diet the day before the procedure. Check your blood sugar frequently while drinking the prep and again on the morning of the procedure before leaving home.

Medications to Stop in Advance



Do not stop prescription blood thinners or diabetes medicines without guidance from the prescribing clinician.

14 days

BEFORE PROCEDURE

All weight loss medications - Ozempic, Mounjaro, Wegovy, and any over-the-counter weight loss products.

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 primary care clinician first.

3 days

BEFORE PROCEDURE

Arthritis medications: Motrin, Aleve, ibuprofen, Celebrex.

Blood thinners: Xarelto, Eliquis, Pradaxa - check with your doctor first.

Safe-medication reminders



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

Have your kit ready at least 3 days before the procedure



Purchase your EZ2GO kit directly from the clinic. Ask the front desk at check-out or call **(713) 497-1143**. Having the kit early gives the team time to answer questions before your prep begins.

Two Nights Before & Clear Liquid Guide

Use the packet colors and the allowed-liquid list below to stay on schedule.



Two Nights Before

Bedtime step

Bedtime

RED PACKET

Mix the **Red Packet (Magnesium Citrate)** with **10 oz of water** and drink completely. This is provided in your EZ2GO kit. If you do not have a kit, purchase Magnesium Citrate over the counter from any pharmacy.



Day Before: Clear Liquid Diet All Day

Drink at least 8 oz of clear liquid every hour for 8 hours before starting the prep solution.

✓ Allowed clear liquids

- Water
- Coffee without creamer
- Tea without milk
- Apple juice
- White grape juice
- Gatorade or Powerade
- Clear lemonade
- Clear broths
- Hard candy
- Popsicles
- Jell-O or gelatin
- Sprite or 7-Up

✗ Do not have

- Red, blue, or purple liquids
- 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



Simple rule

If you can see through it and it is **not red, blue, or purple**, it is likely an acceptable clear liquid.



Hydration and comfort reminder

Continue drinking approved clear fluids throughout the day and evening. Keep a cup, straw, hard candy or fresh lemon/lime, moist unscented wipes, and zinc oxide barrier cream nearby for comfort during the prep.

Day Before: Step-by-Step Schedule

Follow each time point carefully. Keep drinking approved clear liquids throughout the evening.



EZ2GO Preparation Timeline

The main prep begins at noon on the day before your procedure.

All Day	CLEAR LIQUIDS	Clear liquid diet only. Drink at least 8 oz of clear fluid per hour to stay well hydrated.
12:00 PM	TAN PACKET	Take 4 Dulcolax tablets with a full glass of clear liquid. If you do not have a kit, purchase Dulcolax over the counter.
3:00 PM	MIX 64 OZ	Mix your EZ2GO solution: pour the entire powder (238 g) into 64 oz of Gatorade, water, tea, clear lemonade, or Sprite. Stir thoroughly, then refrigerate for 30 minutes before drinking. If you picked up a pre-mixed prescription, simply refrigerate it and drink it cold.
Drink	EVERY 15-20 MIN	Drink one glass every 15-20 minutes until the full 64 oz is finished.
Evening	KEEP HYDRATING	Continue drinking approved clear liquids throughout the evening.
10:00 PM	YELLOW PACKET	Take 1 Gas-X or Mylanta Gas tablet with 8 oz of clear liquid .

After midnight



Nothing to eat or drink after midnight. Small sips of water are allowed only to take your approved morning medications. *Exception:* if your procedure is scheduled after 12:00 PM, follow the morning-liquid timing below.



Day of Procedure

Morning instructions

Medications

MORNING OF PROCEDURE

Take your regularly scheduled medications, including heart and blood pressure medicines, with a **small sip of water**.

After 12 PM

AFTERNOON PROCEDURE

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

REQUIRED

Your driver must be present and available to hear discharge instructions. A responsible adult must accompany you home.



Transportation requirement

Taxis, rideshares such as Uber or Lyft, and public transit are not acceptable substitutes. A responsible adult must accompany you home and be available for discharge instructions.



Arrival time

The procedure facility will call you the day before your procedure with your exact arrival time.

Blood Thinner Reference & Helpful Tips

Keep this page handy during your preparation. Call the clinic if any instruction is unclear.



Always confirm before stopping a blood thinner

Check with your cardiologist, hematologist, or primary care clinician before stopping any blood thinner. The table below is a reference only; your clinician may give different instructions.



Blood Thinner Guide

Medication	Action
Low-dose Aspirin (75 mg or 81 mg)	Continue - no need to stop
Higher-dose Aspirin; Plavix (Clopidogrel); Brilinta (Ticagrelor); Aggrenox	Stop 5 days before
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 each glass to help with the taste.
- Squeeze fresh lemon or lime juice into each glass.
- Use a straw to bypass some taste receptors.
- If you feel chilled, nauseated, or have cramping, pause for 30 minutes, then continue slowly.
- If the rectal area becomes irritated, apply zinc oxide cream (Desitin) as often as needed.
- Use moist, unscented flushable wipes instead of dry toilet tissue for comfort.
- The facility will call you the day before the procedure with your exact arrival time.



Your Procedure Details

Complete these fields before the procedure date.

Patient / Contact Information	Procedure Location	Procedure Date / Arrival Time



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. To avoid the charge, notify the office **at least 24 hours in advance** if you need to reschedule.



Questions? Call during regular business hours.

(713) 497-1143 | shayagiclinic.com
13644 Breton Ridge St., Suite B, Houston, TX 77070
Willowbrook | Tomball | Cypress

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