



COLONOSCOPY PREP

Please read all instructions and get familiarized with this prep at least two days before your procedure. For any questions please contact our office to (956) 365-4400.

Premium Tea

NIGHT BEFORE YOU START YOUR EZ2GO PREP (2 NIGHTS BEFORE PROCEDURE):

You will be drinking the Premium Tea before bed time.

- Step #1** Boil 12 oz. of water
- Step #2** Place pouch in hot water
- Step #3** Steep for 20 minutes and remove bag
- Step #4** When cool, drink before bedtime

Continue “Clear Liquid Diet” for breakfast, lunch and dinner in addition to the prep you will be taking.

Examples: water, apple juice, white grape juice, ginger ale, Gatorade, plain broth, green tea, popsicles and Jell-O. AVOID RED & PURPLE!

Solid foods, milk or dairy products, coffee, orange juice, and coca-cola are NOT ALLOWED. REMEMBER, THE GOAL IS TO DRINK AS MANY CLEAR LIQUIDS AS POSSIBLE.

EZ2GO PREP

DAY BEFORE PROCEDURE:

- Step #1** **7:00 AM** Combine two (2) pouches of EZ2GO **Hydra-Lax (GREEN)** with 20 oz. of cold water and shake well. Drink completely.
- Step #2** **2:00 PM** Combine one (1) pouch of **EZ2GO Stimu-Lax (RED)** with 10 oz. of cold water and shake well. Drink completely.
- Step #3** **7:00 PM** Combine two (2) pouches of **EZ2GO Hydro-Lax (GREEN)** with 20 oz. of cold water and shake well. Drink completely.

DAY OF PROCEDURE:

- Step #4** **1:00 AM** Combine one (1) pouch of **EZ2GO Stimu-Lax (RED)** with 10 oz. of cold water and shake well. Drink completely. Then, open pouch of **EZ2GO Zero (GOLD)** and chew pill completely. You may have a sip of water after you chew pill.

After this last step you need to remain fasting (nothing by mouth) until your procedure.