

Colonoscopy **EXTENDED** Prep Kit Instructions

These instructions are for the **EZ-2-GO Extended bowel preparation**, typically used for patients with **chronic constipation, prior inadequate bowel prep, or slow bowel transit**. Following these steps carefully is essential for a safe procedure and an accurate exam.

Please see your general instructions for procedure, diet, and medication instructions.

What to Expect

- This is a **stronger, multi-day prep** designed to ensure a complete colon cleanse
 - You will have **frequent, loose stools**, often beginning earlier than standard prep
 - Mild cramping, bloating, nausea, or chills can occur and are expected
 - Plan to stay **close to a bathroom** once the prep begins
 - This prep reduces the risk of repeat or cancelled procedures
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What Is Included in Your Office Prep Kit

- **PEG 3350 powder** (238 g bottle)
- **Bisacodyl 5 mg tablets** (four total)
- **Simethicone 80 mg tablet** (Gas-X)
- **Magnesium citrate packets** (two 16 g packets)

What You Need to Purchase

Please purchase the following **at least 2–3 days before your procedure**:

- Clear liquids:** Two (2) 32-oz bottles (Water, Gatorade or Powerade, Apple juice or white grape juice, Iced tea, Lemon-lime soda)

⚠ NO red or purple liquids

Mixing the Prep (Day Before the Procedure)

- Measure **119 g (7 Capfuls - look for line in the cap of the bottle)** of PEG 3350 powder
- Mix into **32 oz of clear liquid** until fully dissolved
- Repeat once to create **two separate 32-oz prep solutions**
- Chill if desired — cold prep is often easier to drink

Prep Timing Instructions

Day Before the Procedure

- 12:00 PM (Noon):** Mix one 16 g magnesium citrate packet in 10 oz of water. Stir for 1–2 minutes and drink
- 4:00 PM:** Mix and drink the second 16 g magnesium citrate packet in 10 oz of water
- 5:00 PM:** Take four (4) Bisacodyl tablets (20 mg total) with water
- 7:00 PM:** Drink 32 oz of PEG prep solution over 1 hour. Then drink 32 oz of additional clear liquid over the next hour
- Before Bedtime:** Take one Simethicone (Gas-X) tablet

Day of the Procedure

- 6 hours before your scheduled procedure time:** Drink the remaining 32 oz of PEG prep solution over 1 hour. Then drink 32 oz of clear liquid over the next hour
- Stop all liquids 4 hours before your procedure time (unless instructed otherwise)**

What Is an Adequate Prep?

- **Your stool should be clear, yellow, or light tea-colored liquid**
- No solid material or dark stool should remain
- If output is still brown or cloudy, please call the office

Helpful Tips

- Nausea or vomiting can occur, most commonly with the second (morning) dose
- If you feel nauseated, slow down, pause briefly, and then restart when able
- Drinking the prep cold and using a straw may help
- Walking can reduce bloating and discomfort
- Use soft toilet paper or barrier cream to prevent irritation
- Chills are common — use blankets if needed

When to Call the Office

- Persistent vomiting that prevents completing the prep
- Severe abdominal pain or dizziness
- No bowel movement after the prep
- Questions about medications or timing

Following these instructions closely helps avoid cancellation or repeat procedures and ensures the most accurate exam possible.

