

Office Colonoscopy Prep Kit Instructions

These instructions are for the **EZ-2-GO bowel preparation kit** provided by our office prior to colonoscopy or flexible sigmoidoscopy. 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

- The goal of the prep is to completely clean the colon so the lining can be clearly examined
 - You will have frequent, loose stools, progressing to clear or yellow liquid
 - Mild cramping, bloating, or chills can occur and are expected
 - You should plan to stay close to a bathroom once the prep begins
 - Most patients tolerate this prep well and find it gentler than prescription options
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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)

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

- 4:00 PM:** Take four (4) Bisacodyl tablets (20 mg total) with water
- 7:00 PM:** Drink 32 oz of prep solution over 1 hour. Then drink 32 oz of additional clear liquid over the next 1-2 hours
- 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 prep solution over 1 hour
 - Stop all liquids 4 hours before your procedure time** (unless otherwise instructed)
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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
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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
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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.

