

**YOUR PROCEDURE IS SCHEDULED FOR: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_ / \_\_\_\_ / \_\_\_\_. PLEASE ARRIVE AT \_\_\_\_\_:\_\_\_\_\_ am / pm**

**LOCATION:**

 1) GI NORTH ENDOSCOPY 4150 Deputy Bill Cantrell Memorial Rd Ste 200 Cumming, Ga. 30040 (Park at T-Level)

2)Northside Hospital-Forsyth, 1200 Northside Forsyth Drive Cumming, Ga. 30041 (pt. services- located at back entrance of hospital)

**EZ 2 GO PREP INSTRUCTIONS-with Magnesium Citrate**

**This prep kit contains:**

* (1) 238gm bottle of Polyethylene Glycol 3350 laxative powder (white bottle, purple cap)
* (1) packet containing (4) 5mg Bisacodyl tablets (tan pouch)
* (1) 16gm packet of Magnesium Citrate (red pouch)

**In addition, you will need:**

* 64 ounces of clear liquids (ex: Gatorade, G2, Powerade, Crystal Light, or Smart water are acceptable.) DO NOT purchase flavors that contain **RED or PURPLE** coloring.
* Baby wipes (optional)

**7 DAYS BEFORE THE PROCEDURE**

* Be sure you have picked up the above items at your local store
* Please inform your doctor immediately if anything has changed with your health or medications since your last visit.
* Please follow your doctor’s specific instructions regarding blood thinners. IF YOU ARE ON A BLOOD THINNER AND HAVE NOT BEEN GIVEN INSTRUCTION FOR HOLDING IT, PLEASE CALL OUR OFFICE TODAY!
* If you were ordered an **“constipated prep”** start that now

**5 DAYS BEFORE THE PROCEDURE**

**DO NOT** eat any foods containing seeds, all nuts, quinoa, fruits (including dried fruits), beans, corn, and popcorn.

**2 DAYS before YOUR PROCEDURE: DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* If you were ordered an **“extended prep”** you will start clear liquids now
* **STOP your fiber supplements** (ex: Metamucil, Konsyl, Benefiber, Citrucel. MIRALAX is OK)

**1 DAY BEFORE YOUR PROCEDURE: DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

* **Upon waking in the morning**, immediately begin clear liquid diet. Be sure to drink at least 8-10 cups of clear beverages to avoid dehydration.
	+ Water, clear broth, coffee or tea (without milk or creamer)
	+ Sport Drinks such as Gatorade, Powerade, Propel or Vitamin Water (NO RED OR PURPLE)
	+ Fruit flavored drinks such as Crystal Light, Kool-Aid, Capri Sun (NO RED OR PURPLE)
	+ Apple juice, white cranberry juice, carbonated beverages or soda (NO RED OR PURPLE)
	+ JELL-O, Italian ices, ice popsicles, sorbet, hard candy(NO RED OR PURPLE)
	+ **NO** liquids that you cannot see through, juice with PULP, any type of MILK, smoothies, ALCOHOL, soups with noodles/vegetables.
* **At your convenience**, mix the large bottle of Polyethylene Glycol (white bottle with purple cap) with 64 ounces of your Gatorade/Powerade and refrigerate for later (remember, no red, or purple)
* **At 4:00 pm**, take all (4) Bisacodyl tablets (tan pouch) with 8 ounces of clear liquid
* **At 6:00 pm** start drinking the first HALF (32 ounces) of the Polyethylene Gycol solution. Drink 8 ounces every 15 minutes until finished. This part takes about 1 hour to complete.
* Continue clear liquids until midnight ONLY. NO LIQUIDS OTHER THAN PREP AFTER MIDNIGHT! NO ALCOHOLIC BEVEREGES! NO CHEWING TOBACCO AFTER MIDNIGHT!

**DAY OF THE PROCEDURE: DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DO NOT DRINK ANYTHING OTHER THAN PREP TODAY- NO SOLID FOOD**

* **At (\_\_\_\_\_\_\_\_\_\_am), FIVE hours** prior to your procedure time drink the second half of the Polyethylene Glycol solution. Again, drink 8 ounces every 15 minutes until it is ALL finished.
* **At (\_\_\_\_\_\_\_\_\_\_am), THREE and a HALF hours** prior to your procedure time **your stool should be** clear to yellow AND liquid at this point. If the stool is clear to yellow and liquid, you can discard the red pouch. **IF IT IS NOT**, you must mix the pouch of magnesium citrate (red pouch) with 12 ounces of clear beverage. Drink this entirely as quickly as tolerated. WHEN FINISHED DO NOT HAVE ANYTHING ELSE TO DRINK OR EAT.
* **Please leave ALL jewelry and electronic devices at home (cell phones, smart watches, Fitbits)**

**DIABETIC PATIENTS:**

* If you take **ORAL** diabetic medication HOLD according to directions given during pre-procedure phone call
* If you take **INSULIN**, take ½ the regular evening dose (on the night of prep) and nothing in the morning of the procedure. Monitor blood sugar carefully.
* If you have an **INSULIN PUMP**, turn it off the morning of the procedure and monitor blood sugar carefully.

**OTHER MEDICATIONS:**

* Take all heart and blood pressure medications with a tiny sip of water as usual the morning of your procedure
* If you take weight loss medications, hold as directed at your office visit
* IF YOU TAKE A BLOOD THINNER, BE SURE YOU HOLD IT AS DIRECTED BY YOUR CARDIOLOGIST BEFORE THE PROCEDURE
* If you have a medication hold question, call the pre-procedure line at (404)446-0600 ext. 235 or 250
* **EXTENDED PREP: Your provider has ordered an EXTENDED PREP for you due to either constipation, gastric delay, or a previous inadequate prep. You will start clear liquids TWO DAYS before your procedure. In addition, you will take one tablespoon of Miralax daily, as directed 1-4 times per day for 7 days prior to your procedure day. Taper as needed, ideally you will have a good bowel movement at least once or twice a day before the colonoscopy.**
* **CONSTIPATED PREP: Your provider has ordered a CONSTIPATED PREP for you due to either constipation, gastric delay, or a previous inadequate prep. You will take one tablespoon of Miralax daily, as directed 1-4 times per day for 7 days prior to your procedure day. Taper as needed, ideally you will have a good bowel movement at least once or twice a day before the colonoscopy.**

\*\*After thoroughly reading instructions above- if you have any questions, please do not hesitate to call our nursing staff at (404)-446-0600.