GASTROENTEROLOGY CLINIC OF SAN ANTONIO, P.A.

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EZ2GO Bowel Prep

EZ2GO laxative includes 4 pouches of EZ2GO PEG (GREEN), 2 pouches of EZ2GO Mg Citrate (RED) and 1 of EZ2GO Simethicone (GOLD).

Note: Individual response to laxative does vary. These laxatives may (and should) cause multiple bowel movements. Often, it works within 30 minutes but may take as long as 4 hours or more. Stay close to the bathroom.

DAY BEFORE PROCEDURE:

Diet: Drink only clear liquids all day (breakfast, lunch and dinner). Solid foods are not allowed until after your procedure.

Step #1: Starting at about 5:00pm, combine 1 pouch of EZ2GO PEG (GREEN) in a glass with 10oz of Gatorade and stir. Then drink it completely.

Step #2: Repeat step #1 at 5:15pm, utilizing another pouch of EZ2GO PEG (GREEN).

Step #3: At 6:00pm, combine 1 pouch of EZ2GO Mg Citrate (RED) in a glass with 10oz of Gatorade and stir. Then drink it completely.

Step #4: At 7:00pm, combine 1 pouch of EZ2GO PEG (GREEN) in a glass with 10oz of Gatorade and stir. Then drink it completely.

Step #5: Repeat step #4 at 7:15pm, utilizing another pouch of EZ2GO PEG (GREEN).

Step #6: 10 HOURS BEFORE YOUR PROCEDURE (if your procedure is in the afternoon, this step may be the morning of your procedure but has to be at least 10 hours prior to your scheduled procedure time)- combine 1 pouch of EZ2GO Mg Citrate (RED) in a glass with 10oz of Gatorade and stir. Then drink it completely. Then open the pouch of EZ2GO Simethicone (GOLD) and take the 2 pills with a glass of water.

Be sure to drink at least 3 more 8oz portions of clear liquid throughout the prep experience. Then nothing more to drink 8 hours before your scheduled procedure time. Any questions please let us know.

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