



EZ2GO Prep Instructions

COLONOSCOPY COLONOSCOPY / EGD

Your procedure date is: _____

The facility will give you a call prior to your procedure date to provide arrival time.

PLEASE NOTE: The time shown on the HEALOW Portal is only a spot holder and does not reflect the surgery center schedule.

Memorial Hermann Kingsland Surgery Center

21720 Kingsland Blvd., Ste. 101, Katy, TX 77450

Phone: 281-492-1234

Memorial Hermann Katy Hospital

23900 Katy Freeway, Katy, TX 77494

Phone: 281-644-7000

From your EZ2GO kit:

- PEG 3350 powder (1 bottle – 8.3 oz / 238 g)
- PEG 3350 powder (1 bottle – 8.3 oz / 119 g)
- Bisacodyl tablets (4 tablets – 5 mg each)
- Magnesium Citrate pouch (16 g)
- Simethicone chewable tablet (4 tablets - 80 mg each)

You will also need:

- 80 oz of clear liquid of your preference
- 10-oz cup of glass



SCAN TO JOIN OUR **FREE** COLONOSCOPY PREP
WEBINAR

EVERY FRIDAY, 12-1PM

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY BEFORE YOUR PROCEDURE:

If you start Blood Thinner or Weight Loss medications after scheduling your procedure, please call our office at 281-869-3009.

1. You must have a RESPONSIBLE ADULT TO DRIVE you home after the procedure (NO UBER, NO TAXI). They must stay at the facility during your procedure.
2. Arrival times are provided directly by the facility at least 72 hours before your procedure.
3. If biopsies are taken, results can take 10–14 days. Schedule a 3-week post-procedure appointment to review results.

7 DAYS PRIOR TO PROCEDURE

- **Stop** Iron and Fish Oil supplements.
- If you take blood thinners (Aspirin, Plavix, Clopidogrel, Coumadin, Warfarin, Effient, Pradaxa, Eliquis), authorization may be required from your prescribing physician.
- **Do NOT** stop heart, blood pressure, or other regular medications unless instructed.
- Aspirin may be continued if taken for preventative purposes.
- Weight loss and diabetic medications such as Phentermine, Mounjaro, Saxenda, Naltrexone HCl, Wegovy, Ozempic, and Rybelsus must be held 7 days before the procedure.
- If you use insulin, oral diabetic medications, or an insulin pump, confirm instructions with your PCP or Endocrinologist.

5 DAYS PRIOR TO PROCEDURE

- Avoid nuts, seeds, corn, popcorn, raw fruits, and raw vegetables.
- Fruits and vegetables may be eaten only if peeled and cooked.
- Discontinue fiber supplements such as Metamucil, Citrucel, Fiberall, and Benefiber unless used for bowel regularity.

1 DAY BEFORE PROCEDURE

- Begin a **CLEAR LIQUID DIET** when you wake up and continue all day.
- NO solid foods.

Allowed liquids:

Clear broth (chicken, beef, vegetable), tea, black coffee (no dairy/creamer), water, Jell-O (lime, lemon, peach, pineapple, apricot), water-based popsicles, white grape juice, lemonade, and apple juice without pulp.

Important:

- Complete the prep even if you already have diarrhea.
- NO RED OR PURPLE liquids.
- Diabetic patients should take half of their usual dose and hold medications the morning of the procedure.
- Monitor blood sugar levels and bring medications with you.

If your prep is inadequate, your procedure may be cancelled or repeated sooner than recommended.

PLEASE FOLLOW THE INSTRUCTIONS BELOW:

Step 1 – 12:00 PM

Take 2 bisacodyl tablets with clear liquid and 1 tablet of 80 mg Simethicone.

Step 2 – 4:30 PM

Mix Magnesium Citrate powder with 10 oz of clear liquid and 1 chewable tablet of Simethicone.

Step 3 – 5:00 PM

Mix 238g (larger bottle) of the PEG 3350 powder with 56 oz of clear liquid. Drink 8 oz every 20 minutes until finished and 1 chewable tablet of 80 mg of Simethicone.

IMPORTANT

If nausea, bloating, cramping, or abdominal pain occurs, pause or slow the rate of drinking until symptoms improve.

THE DAY OF THE PROCEDURE

★ NO FOOD other than prep.

★ Step 4 – Six hours before your arrival time:

Mix 119g the remaining PEG 3350 powder with 24 oz of clear liquid. Drink 8 oz every 20 minutes until finished and Take 2 bisacodyl tablets with clear liquid and 1 chewable tablet of 80 mg Simethicone.

★ Your stools should be watery and clear/yellow.

★ If soreness occurs, you may use a wet washcloth, A&D Ointment, Preparation H, or a similar cream.

★ FOUR HOURS PRIOR TO YOUR PROCEDURE:

Do NOT drink any liquids, including water. Necessary prescription medications may be taken with a small sip of water only.

Follow only directions provided by Dr. Tamerisa's office. Any food consumed before the procedure, or liquids consumed within 4 hours of arrival time, may result in cancellation or rescheduling.

Notify the office if you start Ozempic, Mounjaro, Wegovy, or Semaglutide before your procedure.

Patients with kidney disorders, heart conditions, blood thinners, neurological conditions, or pulmonary conditions may require medical clearance before the procedure.

**FOR ADDITIONAL QUESTIONS, PLEASE JOIN OUR ZOOM PREP WEBINAR EVERY FRIDAY FROM 12-1PM OR
SEND A MESSAGE THROUGH THE PATIENT PORTAL**