




## Bowel Preparation Instructions for Colonoscopy (\$35/kit)

A bowel prep is done to clear the colon of all solid matter in preparation for your procedure. **Please follow the instructions below carefully.**

### ✔ Before You Begin

- If you take **blood thinners** (e.g., Coumadin, Warfarin, Plavix, Pradaxa, Effient, Xarelto, Eliquis, Aggrenox), consult your **cardiologist or primary care provider** about whether to stop them **5 days before your procedure**.
  - **Stop GLP1 (Ozempic, Wegovy, Exenatide, Trulicit, etc) 2 weeks** prior to the appointment.
  - If you are **diabetic**, consult your provider about adjusting your **medications and diet** during your prep.
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 **Needs to purchase:** Sports drink (Gatorade/Powerade) – 64 oz total (no red or purple, no carbonation).

In the  **box:** ez2go PEG3350, Bisacodyl tablets, Magnesium Citrate powder, Simethicone tablet.

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### The Day Before Your Procedure:

**Clear liquids only. No solid food, milk, or cream.**

**Approved Clear Liquids (no red / purple):** Water, Gatorade, clear broth or bouillon, Jell-O, Kool-Aid, Ice, strained fruit juices (no pulp), popsicles, coffee or tea (no cream), soft drinks.

### Bowel Prep Schedule

- 4:00 PM:** Mix **PEG3350** into 64 oz of Gatorade or clear liquid. Shake well and refrigerate.  
Take **2 bisacodyl tablets** with **8 oz of the PEG3350 solution**.
- 6:00 PM** Mix **Magnesium Citrate** powder into **10–12 oz** of sports drink or water (no carbonation, no plastic). Stir until dissolved and drink.
- 8:00 PM** Take the remaining **2 bisacodyl tablets**.  
Begin drinking the rest of the **PEG3350 solution, 8 oz every 20–30 minutes** until finished.  
Take the **simethicone tablet** after finishing the PEG solution.

 Expect frequent, watery bowel movements. The prep is complete when bowel output is **pale yellow liquid with no solid particles**.

 **After Midnight: Do not drink anything after 12:00 AM.** You may gargle, but do **not swallow** any liquids.

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### The Morning of Your Colonoscopy

- If you take morning medications, take them with **small sips of water only. You must bring someone with you to take you home.** Shared drive, Taxis and buses are not allowed due to anesthesia use. Expect to be at the facility for **2 - 3 hours** total.
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 **To Cancel or Reschedule:** Call / text the office **at least 72 hours in advance** at **(281) 746-9284**.

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