

Preparing for your Colonoscopy with EZ2go Prep

A Colonoscopy involves a small flexible scope about the size of your little finger. There is a light and a lens on the end, which will allow me to look directly into your rectum and colon. Sometimes small biopsies (pieces of tissues to examine under a microscope) are taken. You will not feel the biopsies being taken.

After checking in at admission office you will be changed into a hospital gown and a small I.V. line will be placed into a vein in your arm. You will receive some medication through your I.V. to help you relax and make you drowsy. The procedure will begin by passing the scope through your rectum into your colon. This process should cause little to no discomfort. Your heart rate and breathing will be monitored throughout the entire procedure.

You will be observed approximately 20 minutes after your procedure. Dr. Narvaez will speak with you and your family to let you know how everything went during the procedure. This does not mean that he knows the diagnosis at this time, especially if there were biopsies done which can take up to 7 days to review.

DAY BEFORE EXAMINATION

Dietary Requirements: Drink only "clear liquids" for breakfast, lunch and dinner. Solid foods and milk products are **NOT** allowed until after your procedure.

Step #1: In the morning (7:00 to 8:00 AM), using the mixing bottle, combine one (1) pouch of EZ2go Hydro-Lax (**GREEN**) in 10 oz of cold water to the top of the line. Drink it completely.

Step #2: Repeat step #1 immediately, utilizing another pouch of EZ2go Hydro-Lax (**GREEN**).

Step #3: At 6:00PM, using the mixing bottle, combine one (1) pouch of EZ2go Stimu-Lax (**RED**) and 10 oz of cold water to the top of the line, shake well and drink it completely.

Step #4: At 7:00 PM, using the mixing bottle, combine one (1) pouch of EZ2go Hydro-Lax (**GREEN**) and 10 oz of cold water to the top of the line, shake well and drink it completely.

Step #5: Repeat step #4 immediately, utilizing another pouch of EZ2go Hydro-Lax (**GREEN**). Drink at least three (3) or more 8 oz portions of clear liquids before retiring. You may drink more if desired. **NO FUTHER DRINKING WATER AFTER MIDNIGHT UNLESS WITH MEDICATIONS.**

DAY OF EXAMINATION:

Step #6: Four hours before your procedure _____am, using the mixing bottle, combine one (1) pouch of EZ2go Stimu-Lax (**RED**) and 10 oz of cold water to the top of the line, shake well and drink it completely. Then open the pouch of EZ2go Zero (**GOLD**) and take the pill with water. You may take this final dose after 9:00pm the night before if your procedure is before 11:00 am the next day. **NO FUTHER DRINKIN WATER AFTER PREP IS COMPLETE.**

Patient Name _____

Date of Colonoscopy _____ Time _____ Facility _____

- Blood Pressure and Seizure Medications must be taken 4-6 hours prior to arrival to my procedure _____

- *If applicable, the following meds will be taken before the procedure:*

- **Diabetics on Insulin:** On the day before the exam, you can take your regular dose of insulin or pills in the morning; you will need to skip any afternoon dose. If you are taking a second insulin dose in the afternoon use the following sliding scale subcutaneously instead of taking your regular second dose. If you are taking an afternoon diabetic pill you may skip it entirely. Diabetic pill users may continue your regular schedule after the procedure. Insulin users will continue on the sliding scale after the procedure until the next morning when they can resume their regular insulin dose.

Sliding Scale for Regular Insulin	
ose mg per DL	Dosing Level
149	0
to 199	2
to 249	4
to 299	6
to 349	8
to 399	10
DO call Dr. Narvaez	Office 210-650-9119

ose mg per DL	Dosing Level
149	0
to 199	2
to 249	4
to 299	6
to 349	8
to 399	10
DO call Dr. Narvaez	Office 210-650-9119

as Iron, Coumadin (Warfarin), Plavix, Pradaxa, Aspirin, must be stopped 3 days prior to the procedure

- *If applicable, the following meds will be stopped 3 days before the procedure:*

- A chaperone must drive me to the facility, wait for me at the facility and drive me home from the facility _____
- Mother's who are Breast Feeding, pump the day before the procedure and save. After the procedure, pump and throw away breast milk typically used for breast feeding as residual sedation medication could still be in breast milk. Give your baby saved breast milk from day before. For your next breast feeding session you may use your breast milk and resume as normal.

By signing this form, I acknowledge that I understand the additional instructions as they pertain to my procedure:

Patient Signature _____ Date _____

Please call the office if you have to cancel or reschedule your procedure at 210-650-9119; not doing so will result in a fee from the office and surgery center. Thank you.