



**CAPITAL  
DIGESTIVE  
CARE<sup>SM</sup>**

*First in Digestive Health*

## **EZ2GO WITH LOW RESIDUE DIET PROCEDURE PLANNING & TIP SHEET**

### **YOUR PERTINENT PROCEDURE INFORMATION**

**Procedure Date:** \_\_\_\_\_ **Procedure Time:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

**Appointment Location Name:** \_\_\_\_\_

**Appointment Location Address:** \_\_\_\_\_

**Name of Person  
Providing Your Ride Home:** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

### **OTHER INSTRUCTIONS**

- Bring your photo ID, insurance cards and co-payment, if required.
- Wear comfortable clothing. Do not wear jewelry or bring valuables.
- Do not wear perfume or lotions. Deodorant is allowed.

### **WAYS TO MAKE PREP EASIER**

- Patients can use Desitin, Anusol, Tucks pads or Vaseline to coat the rectal area to avoid irritation during the prep.
- Patients can drink the prep solution with a straw or hold their nose when drinking.
- Patients should slow down between doses if feeling nauseous.
- Patients who vomit the prep should take a break and then continue drinking the prep slowly once vomiting passes.

### **WHAT TO EXPECT**

- Expect to have frequent bowel movements and diarrhea within 1-4 hours. Be patient and try walking around to stimulate bowel motility. Remain near a restroom. During this time, continue your prep.
- Expect to pass clear or yellow fluid at the completion of your prep.
- You must complete all doses of your prep even if you are passing clear or yellow fluid early in the process.
- Patients should continue drinking clear liquids up to 3 hours before the procedure. During the 3 hours before your procedure, consume nothing by mouth, not even water, chewing gum or candy.
- Your procedure may be canceled under the following circumstances: failure to fully complete the prep or inadequate prep (not passing clear or yellow fluid); consuming anything by mouth within 3 hours of the procedure.

# EZ2GO WITH LOW RESIDUE DIET

## PRE-PROCEDURE INFORMATION | ONE WEEK PRIOR

For colonoscopy or colonoscopy/EGD

### PLEASE REVIEW 1 WEEK PRIOR TO YOUR PROCEDURE



#### LOCATION

Capital Digestive Care (CDC) has many local offices and endoscopy centers. Some of our locations are in close proximity to one another.

- Endoscopy center patients may be asked to arrive 45-60 minutes early to complete intake activities.
- Hospital patients may be asked to arrive 1-2 hours early to complete intake activities.

Please review your appointment reminder notices for the accurate arrival time.



#### MEDICATIONS

Talk to your doctor about any medications or supplements that you take routinely. Do not stop any prescription medications unless instructed by your prescribing physician.



#### TRANSPORTATION

Some activities, such as driving, are not permitted until the day after your procedure. Arrange for a ride from someone who can take responsibility for your care (over the age of 18). Please ask them to park and enter the facility to escort you out of the building. They should arrive no later than 1 hour after your procedure time. If your appointment is after 3:00 pm, your ride must arrive no later than 4:30 pm. Ride services such as Uber, Lyft, taxi service, etc. are not permitted.



#### CANCELATION

Our practice requires notification of cancellation within one (1) week, otherwise, a fee of \$150 will apply.

# EZ2GO WITH LOW RESIDUE DIET

## PRE-PROCEDURE INFORMATION | ONE WEEK PRIOR

For colonoscopy or colonoscopy/EGD



### 5 DAYS BEFORE THE PROCEDURE

#### PHARMACY

##### Pick up the following supplies:

- Your prep solution prescription from the pharmacy
- 2 bisacodyl 5 mg. laxative tablets from the pharmacy
- If desired: over-the-counter items to relieve rectal irritation, which may develop during your prep. These may include Desitin, Anusol, Tucks pads or Vaseline.
- If desired: you may mix your prep with clear liquids other than water, such as clear soda (ex. Sprite, ginger ale) or lemonade with no pulp, to ease your prep.

#### NOT ALLOWED

- If taking iron supplements, discontinue until after your procedure.
- If taking Phentermine discontinue until after your procedure.



### 3 DAYS BEFORE THE PROCEDURE

#### Adjust your diet



Stop eating high fiber foods including, seeds, quinoa, nuts, beans, corn/popcorn, raw fruits, raw vegetables and bran. Review the Pre-Procedure Planning and Tip Sheet for what to expect and tips to make prep easier.



### 1 DAY BEFORE THE PROCEDURE

This preparation allows you to follow a low residue diet for **breakfast and lunch** on the day before your procedure. You should not consume low residue foods on the day of your procedure. You must drink the appropriate amount of clear liquids throughout your preparation to prevent dehydration. Follow the instructions on when to start and stop your preparation. **Failure to follow instructions may result in the cancelation of your procedure – this is for your safety.**

#### LIQUIDS ALLOWED\*

- Water, apple juice, white grape and white cranberry juice, broth, tea, coffee (without milk, creamer or substitutes)
- Jell-O, Italian ices, popsicles, sodas, Kool-Aid, Gatorade

\*None of these may be the color red, orange or purple, or contain fruit pulp.

#### LOW RESIDUE FOODS ALLOWED

- Ensure or Boost, eggs, smooth peanut butter, white bread, protein shakes, plain or flavored yogurt without seeds or nuts, skinless chicken or turkey, tofu

#### LIQUIDS NOT ALLOWED

- Red, orange, or purple colored liquids or products
- Milk, cream or non-dairy substitutes (such as artificial creamer, soy or nut milks)
- Juices containing pulp (e.g., orange, grapefruit, pineapple, tomato and V-8 juice) or frozen juice products containing pulp

#### FOODS NOT ALLOWED

- Any solid foods that are not on the Low Residue Foods Allowed list

# EZ2GO WITH LOW RESIDUE DIET PREPARATION INSTRUCTIONS | ONE DAY BEFORE For colonoscopy or colonoscopy/EGD

## 4-6 PM THE DAY BEFORE THE PROCEDURE: FIRST DOSE PART 1



### STEP 1

Take 2 bisacodyl 5 mg laxative tablets with an 8 oz. glass of water or clear liquid.

## ONE HOUR LATER: FIRST DOSE PART 2



### STEP 1

Mix the bottle of MiraLAX with 64 oz. of a clear liquid such as Gatorade or G2 in a large pitcher.



### STEP 2

Drink an 8oz. glass of the solution every 15-30 minutes until the solution is gone.

- |                               |                               |
|-------------------------------|-------------------------------|
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## FIVE (5) HOURS BEFORE THE PROCEDURE: SECOND DOSE



### STEP 1

Take 2 bisacodyl 5 mg laxative tablets with an 8 oz. glass of water or clear liquid.



### STEP 2

Mix the packet of magnesium citrate with 10 oz. of room temperature water. Stir until dissolved and drink.



### STEP 3

Drink at least two 8 oz. glasses of water or clear liquid.



- You must finish 3 hours before your procedure time
- Do not consume anything by mouth 3 hours before your procedure time. See below for medication exceptions.

**IF YOU DRINK WITHIN THIS 3 HOUR TIME FRAME, THE PROCEDURE MAY BE POSTPONED OR CANCELED.**

## MEDICATIONS

- **Take your medications such as aspirin, blood pressure, Parkinson's, seizure, or asthma medications.** Please take these medications 3 or more hours prior to the procedure start time with only a small sip of water.
- If a physician has prescribed for you an inhaler for asthma, bring it with you to the procedure.