

## Ez2Go Instructions

Please read all instructions at least two (2) days before your examination or procedure. Your physician may adjust your dosing times.

EZ2go laxatives include four (4) pouches of EZ2go Hydro-Lax (**GREEN**), two pouches of EZ2go Stimu-Lax (**RED**), one pouch of EZ2go Zero (**GOLD**) and a mixing bottle. Please adhere to the instructions carefully.

**Note: Individual response to laxatives does vary. These laxatives may cause multiple bowel movements. Often, it works within 30 minutes, but may take as long as 4 hours. Please remain within easy access to toilet facilities.**

**If you are taking Iron, Coumadin, Plavix, Aspirin, Blood Thinners or any other Medications, please notify your physician prior to following this regimen!**

For diabetics on insulin: On the day before the exam, you can take your regular dose of insulin. On the day of your exam, you may take one-half (1/2) of your scheduled dose of insulin.

### 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.

#### **Clear Liquids Include:**

- Strained fruit juices without pulp (apple, white grape, lemonade)
- Water, clear broth or bouillon
- Coffee or tea (without milk or non-dairy creamer)

#### **All of the following that are not colored red or purple:**

- Gatorade, carbonated and non-carbonated soft drinks
- Kool-Aid (or other fruit-flavored drinks)
- Plain Jell-O (without added fruit or toppings)
- Ice popsicle (NOT RED OR PURPLE COLORED)



← Fill Line

**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 as indicated on the above drawing and shake well. Drink it completely.

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

**Step #3:** Between 4:00 and 5:00 PM, 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 as indicated on the drawing and shake well. 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 as indicated on the drawing and shake well. 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.\*\*\*

### DAY OF EXAMINATION:

**Step #6:** Two hours before your procedure, 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 as indicated on the drawing and shake well. Drink it completely. Then open the pouch of EZ2go Zero (**GOLD**) and take the pill with water.

Arrive for your procedure at the scheduled time. If you have any questions call your physician.