



Preparing for your Colonoscopy Procedure

**Please read all the instructions in this packet
at least 1 week before your colonoscopy.**

Thank you for choosing the Gastroenterology Associates at Mass General Hospital for your colonoscopy. All instructions must be followed, or your colonoscopy may be cancelled. For additional information please review the Frequently asked Questions section of our website:

www.massgeneral.org/medicine/gastroenterology/about/frequently-asked-questions

MGH Gastroenterologist name and phone number:

Patient name:

Scheduled procedure:

Procedure location:

--Select a Location--

--Select an Address--

Please Note: There is more than one location for MGH colonoscopy procedures. Your location is listed here.

Date and arrival time:

Please note: Your arrival time is different than the start time for your colonoscopy so you have time to get ready for your procedure.

If you must cancel, please call us at least 5 business days before your appointment by calling 617-726-7663. If you cancel late, we may not be able to reschedule your appointment.



Plan ahead

- Update your MGH registration information by calling 866-211-6588.
- Please call and verify with your insurance company directly if your procedure will be covered.
- Sign up for a Patient Gateway account if you do not have one.
- Arrange for an adult escort to take you home after your procedure. **You must have a responsible adult escort you from your procedure to your home.** Public transit, the ride, taxi, or Uber are not acceptable.
- If your procedure is scheduled at Charles River Plaza (165 Cambridge St) and you use CPAP, home oxygen or have an implantable cardiac defibrillator, call 617-726-7663 to be rescheduled in the Blake Building.
- Please note that MGH policy requires that women, ages 11-55 years old have a pregnancy test prior to having any endoscopic procedure.

Medications

- **Aside from the medications below, we recommend you take all home medications as usual** with water, up to 2 hours before your arrival time
 - If you take blood thinners, we recommend you continue them unless your Gastroenterologist or another doctor tells you to stop
 - Please contact your PCP or endocrinologist regarding the suggested changes below

Stop 5 days before	<ul style="list-style-type: none"> • Iron containing vitamins (Ferrous Gluconate, Multivitamins) • Liquid antacids (Gaviscon, Gelusil, Maalox, Mylanta, Rolaids, Pepto-Bismol)
Stop 4 days before	<ul style="list-style-type: none"> • Etugliflozin (Steglarto, Steguian, or Segluromet)
Stop 3 days before	<ul style="list-style-type: none"> • Canagliflozin (Invokana) • Canagliflozin AND Metformin (Invokamet) • Dapagliflozin (Farxiga) • Dapagliflozin AND Metformin extended-release (Xigduo XR) • Empagliflozin (Jardiance)
Day of procedure	<ul style="list-style-type: none"> • If you take insulin, only take 1/2 of dose



Shopping List

Items you will need to buy:



Prescription Laxative. Do not mix it with water until the afternoon before your procedure. Some prescription laxatives will come with a flavor packet. You can use that or you can buy lemon flavored Crystal Light™.



Magnesium Citrate. Buy 1 bottle of Magnesium Citrate over the counter. (Dye free Cherry or grape, or lemon only)



Simethicone anti-gas pills. Any brand is fine (Gas-X Mylanta Gas, or Maalox Anti-Gas) 80mg or 125mg are okay. You will need a total of 4 of these pills. These will help prevent bubbles from forming in your colon so your doctor can see better



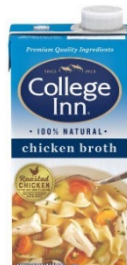
Products to help with anal irritation including baby wipes and Vaseline. If you have hemorrhoids, you can use cream or Tucks pads.



If you move your bowels 2 times a week or less or if you use a laxative more than 2 times a month, please purchase **Milk of Magnesia**



Clear liquids: Items that are see through and liquid at room temperature. Please avoid any red, purple, or orange liquids. Examples: Water, tea, black coffee, broth, apple juice, white grape juice, sodas, sports drinks like Gatorade, and Jell-O.





Three (3) days before your procedure:

Begin Low fiber diet:

Avoid: popcorn, seeds, nuts, salad, corn, beans, peas, whole grain or whole wheat breads, oatmeal, raw fruits or raw vegetables until after your procedure.

Eat: well cooked fruits and vegetables, fish, poultry, lunch meat, eggs, tofu, dairy products, creamy nut butter, white rice, breads and grains made with refined white flour (rolls, muffins, bagels, pasta), low fiber cereals (puffed rice, cream of wheat, corn flakes)

Two (2) days before your procedure:

4 pm: Drink a full 10 oz bottle of Magnesium Citrate with 8 oz of water

8 pm: Take 2 Dulcolax tablets with 8 ounces of clear liquid.

If you move your bowels 2 times a week or less or if you use a laxative more than 2 times a month, at **bedtime**, take 4 tablespoons of milk of magnesia.

One (1) day before your procedure:

Follow a clear liquid diet only!

Don't eat or drink solid food, dairy products, or alcohol

6 pm (the day before your procedure)

- Fill your prescription laxative with water up to fill line.
- Drink half of the laxative. Save other half for tomorrow.
- Drink 8 ounces every 10 minutes until you have had about ½ of the total container of laxative.
- You may not start moving your bowels for 2 to 3 hours.

8 pm (the day before your procedure)

- Take 2 Dulcolax tablets with 8 ounces of clear liquid.

9 pm (the day before your procedure)

- Take 2 gas pills with 8 ounces of clear liquid.

10 pm (the day before your procedure)

- Take 2 gas pills with 8 ounces of clear liquid
- **Stop eating Jell-O or Broth**, okay to continue all other clear liquids



Drink only half of the laxative





Day of your procedure:

It is very important to follow these timing instructions even though you may have to wake up in the middle of the night. If you finish the laxative prep too early, fluid from your digestive system can build back up, which will affect the quality of your procedure.

- **6 hours before your scheduled arrival time:** For example, if your arrival time is 10am you need to get up at 4am to complete the laxative
- Start drinking the 2nd laxative prep mixture.
- Drink 8 oz every 10 minutes until it is gone.
- You must drink ALL the laxative prep by 4 hours before your arrival time

2 hours before your scheduled arrival time:

- **Stop drinking all liquids (including your laxative prep)**
- Don't chew gum or eat any food.
- **Your procedure will be postponed or cancelled if you drink liquids, chew gum, eat hard candy or eat food within 2 hours of your scheduled procedure.**



Comfort tips

- If you feel sick to your stomach, wait 30 minutes then start drinking smaller amounts.
- Try drinking the laxative through a straw.
- If you don't like the taste of the laxative, try chewing gum or sucking on hard candy in between drinks.
- Use baby wipes, Vaseline, or hemorrhoid cream if you get sore from moving your bowels.
- The gas pills help with the bubbles forming in your colon. This also helps the doctor see better.



The Day of Your Colonoscopy Procedure

Bring these things with you to your colonoscopy procedure

- Your photo identification.
- The name and phone number of your escort.
- You may wear your wedding rings but no other jewelry.

The day of your procedure

- Before the procedure, we will review the procedure with you and ask you to sign a consent form.
- Most procedures take about 3 hours. We make every effort to keep on time, but sometimes there are delays.
- We will call your escort 30 minutes before you are ready to leave.

After the procedure

- Most people need to rest at home for the remainder of the day. Don't drive or operate any machines on the day of your procedure. Avoid making any important decisions. Avoid drinking alcohol.
- You can go back to eating and taking medications as you normally do right away.
- If you have a Patient Gateway account, you will see your procedure summary and pathology results as soon as they are finalized. Your provider will prepare a letter to explain the results 2-3 weeks after the procedure. This will be under the Letters tab in Patient Gateway.
- If you do not have Patient Gateway a letter will be mailed to your home.

Remember

- You cannot drive after your procedure.
- **We will have to cancel your procedure if you do not have an adult escort to meet you in the endoscopy unit and bring you home.**
- Your escort should be able to pick you up 30 minutes after we call them.

For any questions about this information call 617-726-7663.