

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 canceled. For more information, review the Frequently Asked Questions section of our website:

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

Informed Consent: https://www.youtube.com/watch?v=AtpbIg_G0HM&feature=youtu.be

MGH Gastroenterologist name:

Patient name:

Date and arrival time:

If the procedure is rescheduled, this date and time will no longer be accurate.

Procedure Location:

Location--

Please note: There is more than one location for MGH colonoscopy procedures.

If you must cancel, please call us **at least 1 week before** your appointment at 617-726-7663. If you cancel late, we may not be able to reschedule your appointment.

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Plan ahead

- Call and check with your health insurance company directly if your procedure will be covered.
- **For your safety, you must have a responsible adult, 18 years old or older, to take you home after your procedure or your procedure will be canceled.**
Public transit, the RIDE, taxi, or rideshare services (Uber, Lyft, etc.) are not acceptable.
- If you use home oxygen, use CPAP daily, or have an implantable cardiac defibrillator you must be scheduled at the Blake building

Call 617-726-7663 if you are scheduled at a different location.

- MGH policy recommends that women, ages 11-55 years old have a pregnancy test before having a colonoscopy. This will be done when you arrive for your procedure.

Medications

- **Aside from the medications below, we recommend you take all home medications as usual** with water, at least 2 hours before your arrival time
- If you take blood thinners, we recommend you continue them unless your Gastroenterologist tells you to stop
- Contact your prescribing doctor about the suggested changes below
 - Continue taking Metformin or Metformin XR as prescribed.

Stop 7 days before	<ul style="list-style-type: none"> • Liraglutide (Victoza, Saxenda) • Exenatide (Byetta, Bydureon BCise) • Dulaglutide (Trulicity) • Semaglutide (Ozempic, Wegovy, Rybelsus) • Tirzepatide (Mounjaro) • Lixisenatide (Adlyxin) • Albiglutide (Tanzeum)
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, Segluromet)
Stop 3 days before	<ul style="list-style-type: none"> • Canagliflozin (Invokana, Invokamet) • Dapagliflozin (Farxiga, Xigduo XR) • Empagliflozin (Jardiance)
Day of procedure	<ul style="list-style-type: none"> • If you take insulin, only take ½ of dose

Items you will need to buy:

- **Laxative powder.** Pick up **two** 238 g bottles of polyethylene glycol (any brand is fine including generic or brand name MiraLAX)
- **Low sugar sports drink.** You will need **four** 20 oz bottles of Gatorade G2, or Gatorade Zero.
Any flavor is fine but avoid the colors red, purple, or orange.
Alternatives: Gatorade, Powerade, Body Armor, Pedialyte, Hoist, Electrolit
- **Clear liquids.** Items that are see through and liquid at room temperature.
Examples: Water, tea, black coffee, broth, apple juice, white grape juice, sodas, sports drinks like Gatorade, and Jell-O.
Avoid any red, purple, or orange liquids.



- **Milk of Magnesia (If needed).** Buy one bottle of Milk of Magnesia if you do not move your bowels (poop) daily. Any brand is fine including generic or brand name Phillips.
- **Products to help with anal irritation (optional).** including baby wipes and Vaseline. If you have hemorrhoids, you can use hemorrhoid cream or Tucks pads.



Three (3) days before your procedure:

Avoid: popcorn, seeds, nuts, corn, and beans

Two (2) days before your procedure:

If you do not move your bowels (poop) daily: At **7pm**, take 4 tablespoons of milk of magnesia.

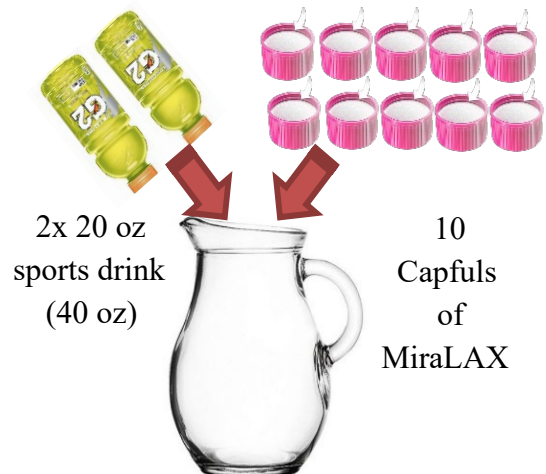
One (1) day before your procedure:

- **Follow a clear liquid diet only for breakfast, lunch, dinner, and snacks!**
- **Eat only items that you can see through for the entire day.**
- **Do not eat or drink solid food, dairy products, or alcohol.**
- **Patients who do not follow this diet often need to return in a few months to repeat their colonoscopy.**

4 pm (the day before your procedure):

- Mix **10 capfuls** of polyethylene glycol (MiraLAX) laxative powder with **40 oz** of sports drink (2 x 20 oz bottles).
- Refrigerate this mixture.

Image of Prep Mixture


6 pm (the day before your procedure):

- Start drinking your prep mixture.
- Finish the entire mixture within 2 hours.
- You may not start moving your bowels for 2-3 hours.

10 pm (the day before your procedure):

- **Stop eating Jell-O or Broth**, okay to continue all other clear liquids
- Prepare a 2nd laxative prep mixture:
Mix **10 capfuls** of polyethylene glycol (MiraLAX) laxative powder with **40 Oz** of sports drink (2 x 20oz bottles).
- Refrigerate this mixture.

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:

- Start drinking the 2nd laxative prep mixture.

Arrival Time	Start Prep	Finish Prep
6AM	12AM	2AM
7AM	1AM	3AM
8AM	2AM	4AM
9AM	3AM	5AM
10AM	4AM	6AM
11AM	5AM	7AM
12PM	6AM	8AM
1PM	7AM	9AM
2PM	8AM	10AM
3PM	9AM	11AM

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 of the laxative prep.
- 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 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 your procedure:

- Most people need to rest at home for the rest 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 ready. Your doctor will explain the results in a letter 2-3 weeks after the procedure. You can find this 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 within 30 minutes after we call them.

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