



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

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

MGH Gastroenterologist name:

MGH Gastroenterologist 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 1 week before your appointment at 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.
- Call and check with your health insurance company directly if your procedure will be covered.
- Sign up for a Patient Gateway account by calling 800-745-9683.
- Arrange for an adult escort to take you home after your procedure. **You must have a responsible adult to take you home.** Public transit, the RIDE, taxi, or rideshare services (Uber, Lyft, etc.) 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.
- MGH policy requires 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 or another doctor tells you to stop
- Contact your prescribing doctor about 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, Roloids, 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) • 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 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).



- Simethicone anti-gas pills.** Any brand is fine (Gas-X Mylanta Gas, or Maalox Anti-Gas). 80 mg or 125 mg 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.



- Laxative pills.** Pick up Bisacodyl 5 mg pills (any brand is fine including generic or brand name Dulcolax). You will need a total of 2 of these pills (can be red or orange in color).



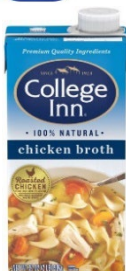
- Low sugar sports drink.** You will need **four** 20 oz bottles of Gatorade G2, Gatorade Zero, or Powerade Zero. Any flavor is fine but avoid the colors red, purple, or orange.



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



- Milk of Magnesia** if you move your bowels (poop) 2 times a week or less, or if you use a laxative more than 2 times a month. Any brand is fine including generic or brand name Phillips'.



- 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.



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, lean meat, eggs, tofu, dairy, creamy nut butter, white rice, breads and grains made with refined white flour

2 days before your procedure:

If you move your bowels (poop) 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.

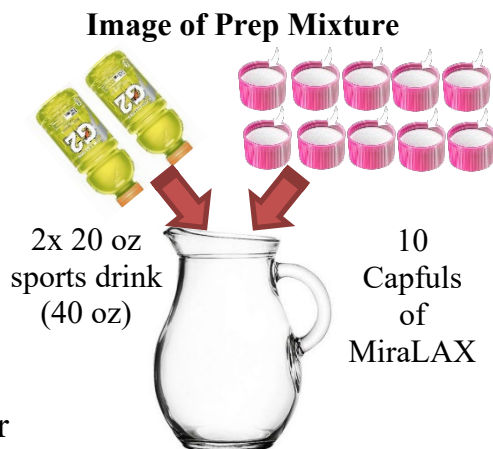
1 day before your procedure:

Follow a clear liquid diet only!

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

4 pm (the day before your procedure):

- Take 2 bisacodyl laxative pills with water.
- Prepare laxative prep mixture:
Mix 10 capfuls of polyethylene glycol (MiraLAX) laxative powder with 40 oz of Gatorade G2, Gatorade Zero, or Powerade Zero (2 x 20 oz bottles).
Refrigerate this mixture.



6 pm (the day before your procedure):

- Start drinking your prep mixture. Drink 8 oz every 10 minutes until it is gone.
- You may not start moving your bowels for 2-3 hours.

9 pm (the day before your procedure):

- Take 2 anti-gas pills with 8 oz of clear liquid.

10 pm (the day before your procedure):

- Take 2 anti-gas pills with 8 oz of clear liquid.
- Prepare a 2nd laxative prep mixture:
Mix 10 capfuls of polyethylene glycol (MiraLAX) laxative powder with 40 Oz of Gatorade G2, Gatorade Zero, or Powerade Zero (2 x 20oz bottles).
Refrigerate this mixture.
- **Stop eating Jell-O or Broth**, okay to continue all other clear liquids



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 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 anti-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 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.