



# NORTH SHORE Physicians Group

## Two Day Colonoscopy Preparation

*Miralax/Gatorade and Dulcolax Prep*

Thank you for choosing to have your colonoscopy with NSPG Gastroenterology. We are delighted to be able to participate in your healthcare and we will make every attempt to make your experience as pleasant and safe as possible. Your colonoscopy appointment and the directions for preparing for your colonoscopy are included below. **Please review the directions carefully as soon as you receive this packet. Certain items require immediate attention as the preparation itself begins FIVE DAYS PRIOR to your procedure.**

Included in this packet:

- Information about a colonoscopy
- Colonoscopy pre-procedure instructions
- Colonoscopy preparation instructions
- Directions to locations

Please contact your insurance company if you have any questions regarding your co-pay, deductible or co-insurance responsibility.

Your procedure is scheduled for:

DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_ PROVIDER: \_\_\_\_\_

PPE (ANESTHESIA) CALL APPOINTMENT (CERTAIN PROCEDURES ONLY): \_\_\_\_\_

Your ride should be available to pick you up, 2.5 hours after arrival time. Please confirm this with your ride in advance.

### LOCATION:

Salem Hospital (81 Highland Avenue, Salem) Please go to the Wheelock 5 Entrance to check in for the Endoscopy Suite

Mass General/North Shore Center for Outpatient Care (104 Endicott Street, Danvers) Please go to the 2<sup>nd</sup> floor Day Surgery Department

***Please make every attempt to keep your scheduled appointment. We know that sometimes things happen last minute in life but notifying us at least seven (7) days prior to your colonoscopy appointment enables us to help another patient. Please call 978-741-4171 if you have any questions regarding the prep or if you need to reschedule your procedure.***

## What is a Colonoscopy?

- A colonoscopy is the most accurate method for evaluating the colon or large intestine. It is used to screen for colon cancer and pre-cancerous polyps, and also to evaluate other GI symptoms.
- It is a safe, well-tolerated outpatient procedure performed with intravenous sedation.

## Colonoscopy Pre-Procedure Instructions

- You **MUST** have an **adult to escort you home after the procedure**. You are still required to have an escort even if you plan to take a taxi, The Ride, GLSS Medical Bus, Uber, Lyft or alternative transportation. You are not allowed to drive until the next day.
- If you have **Diabetes** and are taking **oral medication**:
  - **Hold** the following medications for **three days prior** to procedure: **Invokana, Invokamet, Farxiga, Xigduo XR, Jardiance, Glyxambi or Synjardy**
  - For all **other oral diabetic medications**, take half of your normal dose the day prior to your procedure and do not take any oral diabetic medication on the day of the procedure.
- If you have **Diabetes** and are taking **insulin**:
  - If you have not discussed this with our office, please call the office immediately for instructions.

**GI Nurse to Call with Insulin instructions:** \_\_\_\_\_

- **If you take blood thinners** [warfarin (Coumadin), clopidogrel (Plavix), aspirin/dipyridamole (Aggrenox), rivaroxaban (Xarelto), apixaban (Eliquis), dabigatran etexilate (Pradaxa), cangrelor (Kengreal)] **and have not discussed this with our office, please call our office immediately.**
- If you take aspirin as prescribed by your physician, you may continue taking as instructed.
- If you have sleep apnea and use a CPAP at home, please be sure to bring your CPAP with you on the day of your colonoscopy appointment if your procedure is scheduled at Salem Hospital.

# Sample Shopping List

## Things to Buy from Grocery Store



**1 Box Chicken Bouillon/broth**  
(No noodles or solids in the broth)



**1 Box Jell-o/gelatin**  
(Nothing with red coloring)



**Liquids to stay hydrated** (Clear, any kind, any brand) (Nothing with red, blue or purple coloring)



**Coffee or Tea** (no milk or cream)

## Things to Buy from the Pharmacy



**1 Bottle (8.3 oz.) AND 1 Bottle (4.09 oz) MiraLAX**



**1 Box of Dulcolax (generic OK)**  
Can purchase over the counter



**1 Box of Gas-X (generic OK)**  
Can purchase over the counter

# Colonoscopy Preparation Instructions

## Five Days Prior To Your Procedure:

- Stop anti-inflammatory medications (NSAIDs) such as Aleve, Motrin, Ibuprofen, or Advil.
- Avoid raw fruits, vegetables, and seeds (cooked fruits and veggies are fine).
- Purchase three (3) 32oz bottles of Gatorade clear liquid drink (**no red, blue or purple**). If you are a diabetic, you may use sugar-free Gatorade. We suggest you refrigerate and keep cold.
- Purchase Dulcolax (Bisacodyl) pills (*over the counter*).
- Purchase Gas-X (*over the counter*).
- Purchase one bottle Miralax 238 grams (8.3oz) and one bottle Miralax 119 grams (4.09oz) powder or generic polyethylene glycol 3350 (*over the counter*).

## Two Days Before Your Procedure:

You may have a light, low residue diet for your breakfast and lunch. A low residue diet consists of:

- White bread; refined pastas and cereals, white rice
- Limited servings of canned or well-cooked vegetables (no skins)
- Canned fruits without peels
- Tender, ground, and well-cooked meat, fish, eggs or poultry
- Milk and yogurt (limited to two cups); cottage cheese
- Soup with noodles or rice (no vegetables)
- Pulp-free, strained or clear juices
- Coffee/tea

**Begin Clear Liquids only after 12:00p.m.**

**At 5p.m.:** Take four (4) Dulcolax laxative pills with an 8oz glass of water. Chew and swallow two (2) Gas-X tablets.

**At 6p.m.:** Mix the Miralax (4.09oz) powder (7 capfuls) with one (1) 32oz bottle of Gatorade in a large pitcher. Stir until completely dissolved. Drink one (1) 8oz glass of the solution every 15 minutes until you finish the mixture. It may take 1-2 hours before you begin to have diarrhea. If you develop cramping, bloating or nausea while drinking the preparation, you should stop drinking for approximately 1/2 hour then resume drinking solution. The diarrhea will usually continue for several hours after completing this part of the bowel preparation.

# The Day Before Your Procedure:

**No Solid Food** all day. Do not have any dairy products or juices with pulp. You should only have clear liquids all day. Examples of clear liquids are:

- Clear soup broth
- Clear fruit juice (apple, white cranberry, white grape, etc.)
- Jello (*no red, blue or purple*)
- Sprite, Gingerale, Seltzer
- Coffee or Tea (without milk)
- Popsicles (*no red, blue or purple*)
- Italian Ice (*no red, blue or purple*)
- Water

It is important to drink at least eight (8) glasses of liquid throughout the day, in addition to the prep, to avoid dehydration. Your total fluid intake should be at least 128oz all day.

## **If Your Colonoscopy is Scheduled Between 7:30a.m. – 11:30a.m.:**

**At 1p.m.:** Take four (4) Dulcolax laxative pills with an 8oz glass of water. Chew and swallow two (2) Gas-X tablets.

**At 3p.m.:** Mix HALF of the Miralax (8.3oz) powder (7 capfuls) with one (1) 32oz bottle of Gatorade in a large pitcher. Stir until completely dissolved. Drink one (1) 8oz glass of the solution every 15 minutes until you finish the mixture. It may take 1-2 hours before you begin to have diarrhea. If you develop cramping, bloating or nausea while drinking the preparation, you should stop drinking for approximately 1/2 hour then resume drinking solution. The diarrhea will usually continue for several hours after completing this part of the bowel preparation.

**At 7p.m.:** Mix the remaining HALF of the Miralax powder (7 capfuls) with one (1) 32oz bottle of Gatorade and drink solution as you did at 3p.m.

## **If Your Colonoscopy is Scheduled After 11:30a.m.:**

**At 1p.m.:** Take four (4) Dulcolax laxative pills with an 8oz glass of water. Chew and swallow two (2) Gas-X tablets.

**At 3p.m.:** Mix HALF of the Miralax powder (7 capfuls) with one (1) 32oz bottle of Gatorade in a large pitcher. Stir until completely dissolved. Drink one (1) 8oz glass of the solution every 15 minutes until you finish the mixture. It may take 1-2 hours before you begin to have diarrhea. If you develop cramping, bloating or nausea while drinking the preparation, you should stop drinking for approximately 1/2 hour then resume drinking solution. The diarrhea will usually continue for several hours after completing this part of the bowel preparation.

**At 5a.m. (day of procedure):** Mix the remaining HALF of the Miralax powder (7 capfuls) with one (1) 32oz bottle of Gatorade and drink solution as you did the night before.

- You may continue clear liquids until two (2) hours before your procedure. At this point you must stop all liquids, including water, gum, candy, mints and cough drops.

## Day of Procedure:

- Take all regularly prescribed medications with a sip of water (unless otherwise instructed).
- Please leave valuables and jewelry at home. It is okay to bring your cell phone with you.
- Arrive at the Endoscopy Suite as instructed with the following:
  - Name and phone number of escort for ride home;
  - Complete list of medications and allergies;
  - Photo ID;
  - CPAP machine if you have one (even if you don't use it). *\*If procedure being done at MGH please do not bring.*

## After Your Procedure:

After your procedure, you will receive written discharge information/instructions.

Please remember that you will not be able to work, drive, or consume alcohol for the remainder of the day.

For further information, please visit our website

[www.northshorephysicians.org/specialties/gastroenterology](http://www.northshorephysicians.org/specialties/gastroenterology)

## Directions to Locations

### **Salem Hospital**

81 Highland Avenue  
Salem, MA

- Enter campus via Upper Entrance
- Proceed to the left and following signs
- Enter through Colonoscopy/Endoscopy Entrance (Wheelock 5)

### **Mass General/North Shore Center for Outpatient Care**

102/104 Endicott Street  
Danvers, MA

- Enter through Main Entrance
- Take elevator to the 2<sup>nd</sup> floor, Day Surgery Department