

Exam Location:Gregory Endoscopy Centre, 1153 Centre Street, Boston, MA 02130, 1st floor**Arrival Date and Time:** _____*Note: Your arrival time will NOT appear on your Patient Gateway account. This time may change.*

Preparing for your Procedure

These instructions will help you prepare for your procedure in Endoscopy. We understand the preparation is difficult, but it is important for your health. **Please read all the instructions at least 2 weeks before your procedure.**

Plan Ahead:

- **Insurance:** Confirm your insurance information is updated by calling **(866) 489-4056**.
- **Transportation:** A responsible adult (family or friend) **must** drive you home after your procedure. You will need to share this person's contact information with our Endoscopy Team. **You CANNOT leave by yourself** in a ride share (Uber, Lyft, etc.) or use public transportation. If you do not have a ride set up, your procedure cannot be performed with sedation.
- Your procedure takes about 3 hours. We will do our best to stay on time, but delays may happen.

Important Reminders:

- **You CANNOT drive or drink alcohol for 12 hours after your procedure!**
- Please note: Policy requires all women under the age of 56 to be screened for pregnancy. When you arrive, you will be required to submit a urine sample. Thank you for your understanding.
- **CANCELLATION:** If you need to reschedule, please call at least 3 days before your procedure by calling **(617) 732-7426**.

Medications:

- If you take **blood thinners** (Coumadin, Plavix, Eliquis, Lovenox, etc.) ask your doctor if you should stop these medications before your procedure. Please tell the **endoscopy nurse at (617) 983-7124** if your doctor has recommended you **KEEP TAKING** blood thinners for the procedure. Do not stop your medications unless instructed to do so by a nurse or doctor.
- 5 days before your procedure: **STOP** taking iron pills.
- If you have **diabetes**, ask your doctor about changing your medication dose before your procedure.

Important Contact Information:

- **If you need medical help now, call 911 or go to nearest Emergency Room!**
- If you have a question about your procedure or preparation, call our nurse **(617) 983-7124** Monday-Friday (excluding holidays) 8:00 a.m. to 4:30 p.m.
- Outside of these hours call **(617) 732-7426 and select option 2**.

Instructions for Colonoscopy: Golytely Bowel Preparation

Shopping List:

Laxative powder

Pick up your prescription of Golytely (polyethylene glycol)



Simethicone anti-gas pills (two pills)
or any generic brand



1 gallon of water

Five (5) days before your procedure:

- **DO NOT** eat popcorn, seeds, nuts, salad, corn, beans, peas, whole grains or whole wheat breads, raw fruit, or raw vegetables (you **CAN** eat well-cooked fruits and vegetables).
- **STOP** taking iron pills and medicines that stop diarrhea (such as Imodium and Pepto-Bismol).
- Call the endoscopy nurse at **(617) 983-7124** if you **do not have** regular bowel movements or have had difficulty with bowel preparation(s) before.

One (1) day before your procedure (this means the **ENTIRE** day before your procedure, **NOT JUST 24 hours**) if you:

- **DO NOT:** drink any red liquids.
- **DO NOT:** eat any food or drink with dairy products or alcohol
- **DO:** Follow a clear liquid diet **only** (water, tea, black coffee, clear broth, apple juice, white grape juice, sodas, sports drinks, Jell-O, etc.)
- **5:00 p.m.** (the day before your procedure) mix your laxative powder with one gallon of drinking water. Drink one 8 oz. glass every fifteen minutes until half of the gallon is finished. This will cause you to have diarrhea, which is normal. Store the rest of the gallon in your fridge for later.
- **STOP** drinking the laxative powder and water mixture if you start vomiting. Do not drink the mixture for 20-30 minutes. Then start drinking the mixture again.
- **DO:** Continue drinking clear liquids until 3 hours before your procedure – it is very important to stay hydrated! Drink at least 8 glasses of clear liquid (in addition to the laxative mixture) throughout the day.

Day of your procedure: If your bowel is not clean (clean bowel movements look like water, yellow not brown) you may have to reschedule. **Call 617-732-7426** to cancel your procedure.

- **Six (6) hours before your procedure**
 - Take 2 Simethicone anti-gas pills (Gas-X or any generic brand), this helps during your procedure.
 - **DO:** continue drinking clear liquids – Drink one 8 oz. glass every fifteen minutes of the laxative mixture until the second half of the gallon is finished.
- **Three (3) hours before your procedure**
 - **STOP** drinking liquids
 - **STOP** candy, gum or cough drops
 - **DO:** take your regular medications (unless instructed otherwise by a doctor) with a sip of water