

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: MiraLAX Bowel Preparation

Shopping List:

Laxative powder.

Buy one 238-gram bottle of polyethylene glycol (MiraLAX or any generic brand)



Laxative pills (*NOT stool softeners*).

You will need a total of 2 Bisacodyl pills (Dulcolax or any generic brand)



Simethicone anti-gas pills.

You will need a total of 2 pills (Gas-X or any generic brand)



Sports drink (*NOT red*).

You will need a total of 64 oz



Five (5) days before your procedure:

- If you do not have regular bowel movements or have had difficulty with previous bowel preparation, please call the **endoscopy nurse at (617) 983-7124** for alternative bowel preparation instructions. If your bowel is not clean (clean bowel movements look like water, yellow not brown) you may have to reschedule.
- Stop taking iron pills and medicines that stop diarrhea (such as Imodium and Pepto-Bismol) 5 days before your procedure.
- Don't eat popcorn, seeds, nuts, salad, corn, beans, peas, whole grains or whole wheat breads, raw fruit, or raw vegetable (well-cooked fruits and vegetable are acceptable).

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

- **Follow a clear liquid diet only.** Do not drink any red liquids. Clear liquids include water, tea, black coffee, clear broth, apple juice, white grape juice, sodas, sports drinks, Jell-O, etc. Don't eat any food or drink any dairy products or alcoholic drinks.
- At 2:00 p.m. (the day before your procedure) take 2 laxative pills (Dulcolax or any generic brand) with water.
- At 5:00 p.m. (the day before your procedure) mix 238-grams of laxative powder with 64 oz. of sports drink. If you cannot drink sports drinks, water is an alternative (you can flavor with sugar free sweeteners). Drink one 8 oz. glass every fifteen minutes until half (32 oz. or four 8 oz. glasses) is finished. This will cause you to have diarrhea. Store the rest in the fridge to finish later.
- If you are experiencing vomiting, stop drinking the preparation for 20-30 minutes then restart and finish the remainder of the preparation.
- 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) after completing the preparation you may have to reschedule.

- **Six (6) hours before your procedure**
 - Take your Simethicone anti-gas pills (Gas-X or any generic brand), this helps during the procedure.
 - Drink one 8 oz. glass of the laxative mixture (32 oz. or four 8 oz. glasses) every fifteen minutes until the second half is finished. Continue drinking clear liquids until 3 hours before your procedure.
- **Three (3) hours before your procedure**
 - Stop drinking any liquid or your procedure will be canceled, also no gum, candy, or cough drops.
 - You may take your regular medications (unless instructed otherwise by a doctor) with a sip of water.