INSTRUCTIONS FOR TWO-DAY PREP

Day 1

1. CLEAR LIQUID DIET FROM 2:00 PM - TWO DAYS BEFORE THE PROCEDURE.

2. Clear liquids consist of tea, bullion, clear juices, water, ensure, black coffee, jello, Gatorade (NOTE: no red, green or purple)

3. Purchase 119 grams (4 oz) of Miralax at the drug store and take this two days before the procedure.

Day Two

4. The day before the procedure follow the Miralax prep instructions attached to this form.
COLONOSCOPY PREPARATION INSTRUCTIONS
PLEASE READ NOW AND AGAIN 1-2 WEEKS BEFORE SCHEDULED PROCEDURE

Your colon must be very clean for us to do an optimal examination. Please read carefully ahead of time so you are adequately prepared for this exam. Remember – we have reserved a time slot in the endoscopy suite, with nursing and physician time, and – potentially – an anesthesiologist for your appointment. It is therefore essential that you keep this appointment if at all possible. If you need to cancel or reschedule, please do so at least 5 working days in advance so the impact on the resources is limited.

To ensure your comfort, IV sedation is given for this exam. You are considered "under the influence" afterwards, and therefore must have a responsible companion (family member or friend – 18 yrs or older) available to escort you and be present at the time of your discharge. The endoscopy nurse will need the name and phone number of your escort to verify that they will meet you at the endoscopy unit at the time of discharge. You will generally be ready to return home approximately 2-3 hours after arrival time.

-You cannot leave the endoscopy unit alone. You are not allowed to go home by yourself. If you use public transportation or taxi to get home, you will need to be accompanied by your escort. You cannot work, drive, operate machinery or make business decisions until the next day if you have received sedation.

- Please call to confirm your procedure date and time one week in advance at 978-232-1120.

- Again – if you must cancel/reschedule, please do so at least 5 working days prior, so that other patients may be able to use that slot.

- If you had any recent significant illness or surgery - especially within the last 6 months, please let us know, since this may require rescheduling the procedure.

Purchase the following (all over the counter): 238 g bottle of Miralax (just over 8 oz), 96 ounces of Gatorade, Powerade or similar sports drink (not red, green or purple but LEMON LIME flavor is fine to use), 4 Dulcolax tablets (Bisacodyl, 5 mg oral tablets), plenty of clear liquids.

AT LEAST 1 WEEK PRIOR TO THE PROCEDURE

SPECIAL INSTRUCTIONS REGARDING YOUR REGULAR MEDICATIONS:
- Blood-thinning medications: Please contact our nurse for instructions and questions WELL IN ADVANCE OF THE APPOINTMENT if you are on Coumadin/Warfarin, Plavix/Clopidogrel, Lovenox or other blood thinners, since these may need to be discontinued 5 days or longer before the procedure.
- Aspirin and NSAID’s (like Ibuprofen, Motrin, Aleve and similar drugs) are generally ok to take, UNLESS the specific type of procedure requires you stopping it. We would specifically instruct you in that case.
- Do not take Iron pills, Vitamin E, Fish Oil, and Olestra (fat substitute) containing foods for at least 5 days prior to the procedure
- **Diabetic patients**: please contact our nurse for specific instructions on diabetic pills and insulin
- If you have a **pacemaker or defibrillator device (AICD)**, please provide our office with the name of your cardiologist and pertinent information on your device
- Take all your other medications as usual, especially blood pressure and cardiac medications (unless specifically told to stop any of them)
- Of course, if you have any questions regarding your other medications, please do not hesitate to call our office at least 10 days before the appointment to discuss what to do.

### 3 DAYS PRIOR TO YOUR PROCEDURE
- Watch your diet: avoid nuts, seeds, popcorn, salads, leafy vegetables, fiber supplements
- Make sure your escort/ride is lined up
- Make sure you have all ingredients for the prep-day (Miralax, Gatorade or other sports drink, Dulcolax tablets, Clear liquids - see list below)

### THE DAY BEFORE YOUR PROCEDURE
- Breakfast, Lunch and Dinner: **Clear liquids only** (see below for suggestions)
- Do not eat any solid foods (until after the colonoscopy is done)

- **8:00 AM**: take 2 Dulcolax laxative tablets

- **4:00 PM**: Mix entire bottle of Miralax (238g) with 96 oz of Gatorade (or similar sports drink) until completely dissolved. Then drink 1 glass (8oz) every 20-30 minutes until 2/3 of the solution (2 quarts) are gone.

- **8:00 PM**: take 2 Dulcolax tablets

You may continue drinking clear liquids: the more you drink, the cleaner the prep will be.

### THE MORNING OF YOUR PROCEDURE
- Between **2:00 and 3:30 AM** drink the remaining 1/3 (32 oz) of the Miralax/Sports drink solution (again 8 oz every 20-30 min.) You have to be done with that by 3:30 am, especially if you have an early morning appointment for your procedure.

- **Nothing by mouth after drinking your prep** (including **ANY TYPE OF LIQUID**) with the exception of medication.
- Take all of your regular medicines with a sip of water – unless instructed otherwise (see page 1)

- Please bring your photo-ID and a list of your medications with you.

### CLEAR LIQUID DIET LIST  **(avoid red, green or purple coloring)**
- Soft Drinks – orange, ginger ale, cola, Sprite, 7-up, Gatorade, Powerade, Kool-Aid etc.
- Fruit Juices without pulp - apple, white grape, lemonade etc.
- Water, Tea, coffee (no milk, no creamer)
- Soups: chicken or beef bouillon/broth
- Jell-O
- Popsicles, Italian Ice (e.g. yellow, orange)