



YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: _____ Time: _____

Gastro Health Physician: _____

Arrival Time: _____

MetroWest Medical Center
115 Lincoln St.
Endoscopy Department, 1st Floor
Framingham, MA 01702

Boston Endoscopy Center
175 Worcester St.
Wellesley, MA 02481

Charles River Endoscopy
571 Union Ave.
2nd Floor, South Entrance
Framingham, MA 01702

When this procedure was scheduled, the insurance on file for you was: _____

Appointments missed or cancelled with less than 5 days' notice will result in a \$150 fee in accordance with applicable office policies. There may also be a fee charged by the endoscopy facility.

DAY BEFORE - CLEAR LIQUID PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH Polyethylene Glycol 3350 OTC or MiraLAX

PLEASE REVIEW THE INSTRUCTIONS **AT LEAST 1 WEEK PRIOR** TO THE PROCEDURE. USE THESE PREPARATION INSTRUCTIONS **AND NOT ANY INCLUDED WITH THE** POLYETHYLENE GLYCOL 3350 OTC or MIRALAX BOTTLE.

If you did not purchase this prep kit from our office, you may also choose to purchase these items at an outside pharmacy. You will need to purchase: Four (4) Bisacodyl (Dulcolax)-5mg laxative tablets, One (1) bottle of Miralax 238-grams and One (1) 64-ounce bottle of Gatorade or Pedialyte or apple juice (no red or purple colored). You do not need prescriptions for any of these items, they are all over-the-counter. If you want to optimize your cleansing, start taking 2 senna 8.6mg pills once or twice daily to "pre-clean" your bowel.

It is important that you follow these directions in the packet carefully and complete the entire preparation to ensure the most effective cleansing.

- If you are taking any blood thinners **AND** this was **NOT** discussed with your doctor's office at the time of scheduling the procedure, **please call us at least 5 days BEFORE** starting the preparation. These include, but are not limited to, *Coumadin-(Warfarin), Plavix-(Clopidogrel), Xarelto-(Rivaroxaban), Pradaxa-(Dabigatran), Eliquis-(Apixaban), Arixtra-(Fondaparinux), Effient-(Prasugrel).*
- If you are taking any insulin **AND** this was **NOT** discussed with your doctor's office at the time of scheduling the procedure, **please call your prescribing physician at least 5 days BEFORE** starting the preparation.
- You must **stop any iron supplements** (including in multivitamins) for **5 days BEFORE** the procedure.
- If you are taking any of the following **GLP-1 medications:** *Dulaglutide-(Trulicity), Liraglutide-(Saxenda), Exenatide-(Byetta, Bydureon Bcise), Tirzepatide-(Mounjaro, Zepbound), Semaglutide-(Ozempic, Wegovy, Reybelsus), Lixisenatide-(Adlyxin), Albiglutide-(Tanzeum),* **you must be on clear liquids ONLY the entire day prior to your scheduled procedure as the prep indicates. Failure to follow this instruction will result in your procedure being cancelled and all cancellation fees being charged.**
- **IF YOU ARE DIABETIC, DO NOT** take your diabetic pills the evening prior or day of the colonoscopy.
- **YOU MUST CONTINUE TO TAKE ALL** your other medications every day prior to the colonoscopy. It is **OK to take them with a small sip of water** on the day of your colonoscopy.
- You can continue aspirin, Tylenol and any NSAIDS (Ibuprofen, Motrin, Aleve, Naproxen, Celebrex, Mobic).
- Please plan to have someone drive you home after the procedure. **You will not be allowed to drive yourself home.** You **cannot take an Uber, Lyft, taxi, or public transportation home** from your procedure without an adult companion.

DAY BEFORE PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH POLYETHYLENE GLYCOL 3350 OTC OR MiraLAX



3 DAYS BEFORE THE PROCEDURE

STOP eating legumes, peas, carrots, tomatoes, watermelon, nuts, beans, corn and seeds. If you want to optimize your cleansing, start taking 2 senna 8.6mg pills once or twice daily to “pre-clean” your bowel.

THE DAY PRIOR TO THE PROCEDURE

You may not have any solid food. You may have only clear liquids. Clear liquids are liquids you can see through. For example: water, coffee or tea (may have sugar but no milk or cream) ginger ale, apple juice, Gatorade, Pedialyte, popsicles, and hard candy. **Jell-O** and **Broth** have protein and are **no longer considered clear liquids.**
DO NOT CONSUME ANY CLEAR LIQUIDS THAT ARE RED OR PURPLE IN COLOR.

****Common symptoms from colonoscopy prep include nausea, vomiting, and chills. If you experience severe nausea or vomiting, pause ALL oral intake including your preparation and resume in 1-2 hours. If you continue vomiting, you may call the on-call doctor for guidance*****

STEP 1 – The day BEFORE your procedure

- Anytime in the morning, Mix the whole container of Polyethylene Glycol 3350 OTC or MiraLAX powder (238 grams) into 64 ounces of clear liquid (such as Gatorade or apple juice or Pedialyte) until the powder dissolves. Once the powder is dissolved, you can put the mixture in the refrigerator. Many people find it tastes better chilled.
If you need a low-sugar substitute, use Gatorade G2 brand.
- At 3:00 PM: Take two (2) Bisacodyl tablets with a clear liquid of your choice.
- At 7:00 PM: Shake the mixture and start drinking an 8 oz glass every 20 minutes until you’ve consumed **half** of the solution. **Do not gulp it down.** It is ok to take breaks if you feel full or nauseated. Refrigerate the remaining solution.
- At bedtime: Take the remaining two (2) Bisacodyl tablets. You may continue to drink any clear liquid of your choice that is not red or purple.

THE DAY OF THE PROCEDURE

STEP 2 - Six (6) hours before your scheduled procedure time

- Shake the mixture as some powder may have settled at the bottom of the container. Drink the remaining half of the mixture **slowly** over 3 hours. **Do not gulp it down**, but this must be completed within 3 hours.
- You can have water up to three (3) hours before the procedure. NO other liquids or solids. You may have your medications with sips of water.

*****If you do not STOP drinking liquids including water 3 hours prior to your procedure, the procedure may be delayed or cancelled by the anesthesiologist.**