



# 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: \_\_\_\_\_

**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 **Endoscopy Entrance** (enter through Upper Entrance on Highland Avenue and follow signs) to check in for the Endoscopy Suite.

**MGB Healthcare Center** (102-104 Endicott Street, Danvers) – Please go to the **2<sup>nd</sup> floor Day Surgery Department** to check in to 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 and/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**:
  - For all **oral diabetic medications**, please **review attached medication management instructions**.
  - If you use **insulin** to manage your diabetes **and 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** such as:
  - Warfarin (Coumadin)
  - Rivaroxaban (Xarelto)
  - Dabigatran (Pradaxa)
  - Apixaban (Eliquis)
  - Edoxaban (Savaysa)
  - Enoxaparin (Lovenox)
  - Fondaparinux (Arixtra)
  - Clopidogrel (Plavix)
  - Ticagrelor (Brilinta)
  - Aspirin/dipyridamole (Aggrenox)
  - Prasugrel (Affiant)

**and have not discussed this with our office, please call our office immediately (978-741-4171).**

If you take aspirin as prescribed by your physician, you may continue taking as instructed.

- If you take any **medications for weight loss**, please **review attached medication management instructions**.
- 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**.

# 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 96oz of Gatorade (**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 32oz 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:

- Gatorade (**no red, blue or purple**)
- Clear soup broth
- Clear fruit juice (apple, white cranberry, white grape, etc.)
- Jell-O (**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.

## **Prep Instructions (1<sup>st</sup> Half)**

**At 7p.m. the night before procedure:** Mix HALF of the Miralax (8.3oz) powder (7 capfuls) with 32oz 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.

## **Prep Instructions (2<sup>nd</sup> Half)**

**5 Hours before your arrival time (see sample timeline below):** Mix the other HALF of the Miralax powder (7 capfuls) with 32oz 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.

## **Example Timeline for when to start the 2<sup>nd</sup> half of your prep:**

<b>Arrival Time for Procedure</b>	<b>Start 2<sup>nd</sup> half of Prep</b>	<b>Finish 2<sup>nd</sup> half of Prep</b>
7:00AM	2:00AM	4:00AM
8:00AM	3:00AM	5:00AM
9:00AM	4:00AM	6:00AM
10:00AM	5:00AM	7:00AM
11:00AM	6:00AM	8:00AM
12:00PM	7:00AM	9:00AM
1:00PM	8:00AM	10:00AM
2:00PM	9:00AM	11:00AM
3:00PM	10:00AM	12:00PM
4:00PM	11:00AM	1:00PM

## Tips for Taking Your Prep:

- **If the second dose of laxative is to be taken in the middle of the night, you may take it earlier but NOT more than 8 hours before your procedure time.**
- Try drinking the laxative through a straw and chill the prep if able.
- If you don't like the taste of the laxative, try chewing gum or sucking on hard candy in between drinks.
- Use baby wipes, Vaseline or hemorrhoid cream if you get sore from moving your bowels.

## Day of Procedure:

- Take all regularly prescribed medications with a sip of water (unless otherwise instructed).
- Please leave valuables and jewelry (other than wedding rings) 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. They should be available to pick you up within 30 minutes of being called;
  - Complete list of medications and allergies;
  - Photo ID;
  - CPAP machine if you have one (even if you don't use it) if your procedure is scheduled at Salem Hospital. *\*If procedure being done at MGB Healthcare Center in Danvers please do not bring.*

## After Your Procedure:

- Most people need to rest at home for the remainder of the day.
- Don't drive or operate any machines on the day of your procedure. Avoid making any important decisions. Avoid drinking alcohol.
- You can go back to eating and taking medications as you normally do right away unless otherwise told by your doctor.
- If you have a Patient Gateway account, you will see your procedure summary and pathology results as soon as they are finalized. Your provider will prepare a letter to explain the results 2-3 weeks after the procedure. This will be under the Letters tab in Patient Gateway. If you do not have Patient Gateway a letter will be mailed to your home.

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 following overhead sign for Endoscopy.
- Endoscopy Entrance drop off is located immediately on your right.

## **MGB Healthcare Center**

102-104 Endicott Street

Danvers, MA

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

**Diabetes & Weight Loss Medication Management  
Pre-Endoscopy Procedure**

If you are on any of the following medications, **please hold the last scheduled dose before your procedure – this may be up to 1 week.** *If you have concerns about holding this medication, please reach out to the provider who prescribed this medication.*

Generic Name	Brand Name
Dulaglutide	Trulicity
Exenatide	Byetta
Liraglutide	Saxenda, Victoza
Lixisenatide	Adlyxin
Semaglutide	Ozempic, Rybelsus, Wegovy
Tirzepatide	Mounjaro, Zepbound

**Hold** the following medication for **7 days prior to your procedure.**

Generic Name	Brand Name
Phentermine	Adipex-P

**Hold** the following medications for **3 days prior to your procedure AND connect with your PCP or endocrinologist for further guidance.**

Generic Name	Brand Name
Canagliflozin	Invokana
Dapagliflozin	Farxiga
Empagliflozin	Jardiance

**Hold** the following medications for **1 day prior to your procedure AND connect with your PCP or endocrinologist for further guidance.**

Generic Name	Brand Name
Glipizide	Glucotrol
Glyburide	Diabeta, Glycron, Glynase, Micronase
Metformin	Glucophage
Sitigliptin	Januvia

*\*All patients using any form of insulin will be scheduled for a call with a GI nurse 2-3 weeks prior to your scheduled procedure. If you do not have this appointment scheduled, please contact the office at 978-741-4171 to schedule.*