

Arrival Time _____ Arrival Date _____ Doctor _____

830 Harrison Avenue, Boston MA 2nd Floor of the Moakley Building

Preparation Instructions for Colonoscopy

Today

- Plan time off of work for the day of your colonoscopy.
- You **MUST** have an escort to come into the hospital and take you home after the colonoscopy so start making these arrangements.

7 Days Before Your Appointment

- Fill prescription for the laxative. If you don't have it call patient navigator (number below)
- Stop** taking Iron pills. Multi-vitamins **can** be continued.
- If you are taking Coumadin/Warfarin or any other type of blood thinner** please call your primary care doctor/Coumadin Clinic today for further instructions.



2 Days Before Your Appointment

Please ignore all other bowel preparation instructions from any other sources including pharmacist, medicine package inserts, friends/relative and the internet.)

- Drink at least 8 glasses of water today.
- STOP eating vegetables and beans** until after your colonoscopy. You **can** eat all other types of foods today.

The Day Before Your Appointment

ALL DAY TODAY FOLLOW A STRICT CLEAR LIQUID DIET. DO NOT EAT ANY FOOD OR THICK LIQUIDS AT ALL!! Examples of clear liquids are: water, apple juice, broth(NOT SOUP WITH THINGS IN IT) Jell-o, tea/coffee without milk/cream, ginger ale, Sprite, **Nothing red please.**

- 6 PM** Place mixed laxative solution inside of the fridge to cool (no ice cubes)
- 8 PM** Drink half of the Laxative Solution



The Day of Your Appointment

- 6 hours before your appointment time**, start drinking the remaining half of the laxative solution. You must finish it at least **2 hours before** the colonoscopy (finishing it 3 to 5 hours before is best).
- Those with diabetes:** Take half the dose of your insulin on the day of procedure and skip diabetes pill (s) unless directed otherwise.
- Take all of your regular medications** with sips of water at least 2 hours prior to your test.
- Stop** taking anything by mouth 2 hours before the colonoscopy.

If you can not keep this appointment please call 617-638-6525 option 1.

If you have any questions please contact the Patient Navigator 617-414-2494