

# Colonoscopy Preparation Instructions

## Two Day Preparation



Appointment date:

Appointment time (please arrive 1 hour early):

### Checklist items:

- Arrange for an escort to take you home** after your procedure
  - A responsible adult must accompany you home
  - If you do not have an escort, your procedure may be cancelled
  
- Review the Medication Management Instructions**
  - If you are taking blood thinners, medications for diabetes or GLP1 medications for weight loss, you may need to stop them or adjust the dose before your procedure
  
- Fill prescription for bowel prep**
  - 2 Golytely prep kits, or
  - 1 Golytely prep kit + 1 bottle magnesium citrate (purchase over the counter)

### IMPORTANT INFORMATION

#### “3-2-1” Diet and prep instructions:

##### 3 days before appointment:

- Begin a **low fiber diet** (see provided list)

##### 2 days before:

- @ 8 PM: **drink ½ bottle (2 liters) of laxative solution** OR 1 bottle of Magnesium citrate

##### 1 day before:

- Begin a **clear liquid diet only** (see examples below)
- Review **Medication Management Instructions** again
- @ 8 PM: **Drink another ½ bottle (2L) of laxative solution**

### DAY of PROCEDURE

- **Early AM: Drink another ½ bottle (2L) of laxative solution**
  - Drink 1 cup every 10-15 minutes
  - You must finish it *at least 2 hours before* your appointment
  
- **You may continue to drink clear liquids** *until 2 hours before your appointment*
  
- **Arrive 1 hour before your procedure time**

#### Location and contact information:

Moakley building 2<sup>nd</sup> floor (Suite 2200)  
830 Harrison Avenue  
Boston, MA 02118

# for Endoscopy scheduling:  
617-414-2600, option 1

# for Endoscopy nurse's station:  
617-414-2420

# GI doctor on nights/weekends:  
617-638-7243

#### Acceptable Clear Liquids:

Water, clear soda, sports drinks

Juice with *no pulp*, Jell-O, ice pops

Black coffee or tea with *no milk or cream*

Clear broth (with no fat/oil)