

HOW TO PREPARE FOR YOUR COLONOSCOPY

* Please read these instructions at least two (2) weeks before your appointment date.

ONLY follow BMC's instructions, (either in this brochure or given to you in the office). **DO NOT** follow any other instructions that you may find online, from a friend/family member, and/or at your pharmacy.

PROCEDURE DATE: _____

LOCATION: BMC Endoscopy Center
Moakley Building, 2nd Floor
830 Harrison Ave.
Boston, MA 02118

ARRIVAL TIME: _____

DOCTOR: _____

If you have any questions or you cannot keep this appointment please call **617.414.2600**.



INSTRUCTIONS REVIEW CHECKLIST

Now that you have read the instructions, here is a checklist of things to do as you prepare for your colonoscopy. As you do each one, check it off the list by marking an "X" in each box.

Make sure each box has been checked prior to coming in for your procedure.

- I have read the instructions carefully.
- I have arranged for a friend or family member to pick me up on the day of my appointment, because I cannot leave alone.
- I drank only liquids the day before my appointment.
- I have not eaten ANYTHING the day of and the day before my appointment.
- I followed the instructions and drank all of the bowel preparation medication.
- I took all usual medications on the day of my appointment.
- * If diabetic, I took half the dose of my insulin on the day of my procedure and did not take any diabetes pills unless directed otherwise by my doctor.

If you have any questions, please call our patient navigators at **617.414.2600**, or call **617.638.5793** anytime to speak with the GI fellow on call.



HOW TO PREPARE FOR YOUR COLONOSCOPY

WHAT IS A COLONOSCOPY?

A colonoscopy is an important exam used to evaluate intestinal bleeding, anemia, and changes in your bowel habits. It is also used as a screening test for early detection and prevention of colon cancer.

For this procedure, the doctor will have you lie on your side on an exam table, and will use a colonoscope to look inside your large intestine. You may be given medication, with your consent, to make you feel comfortable during the procedure. The exam takes approximately 30 minutes, but may vary. Please plan to be at the hospital for about three hours, including time to register, meet with nurses, and rest after your procedure.

DESIGNATED DRIVER

For your safety, a responsible family member or friend MUST come with you to your procedure appointment and wait for you at BMC until you are discharged! You are NOT ALLOWED to drive, take public transportation, or leave the Endoscopy Center ALONE.

*If you do not have a responsible driver (family member or friend) with you to take you home, your exam will be cancelled.



SEVEN (7) DAYS BEFORE YOUR APPOINTMENT

- Pick up your prescription for the mixed laxative solution at your pharmacy. This will require a prescription that you should have received. Call **617.414.2600** if you have any questions.
- If you take iron pills, STOP taking them now. You may, however, continue taking multi-vitamins.

If you take Coumadin/Warfarin/any blood thinners, call your cardiologist, prescribing doctor, or primary care doctor today for further instructions.

TWO (2) DAYS BEFORE YOUR APPOINTMENT

- Drink at least eight (8) glasses of water today.
- Starting today, do NOT eat high-fiber foods (salad/vegetables, beans, seeds [flax, sunflower, quinoa], popcorn, multigrain bread, nuts, or fresh and dried fruit) until after your appointment.

ONE (1) DAY BEFORE YOUR APPOINTMENT

- Only drink liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods. Examples of liquids you can drink: water, apple juice, broth, tea/coffee, ginger ale, soda water. You may eat Jell-O, but nothing red.
- Carefully read *Mixing and Drinking Your Bowel Preparation*.

EVENING BEFORE YOUR APPOINTMENT

MIXING AND DRINKING YOUR BOWEL PREPARATION

If you do NOT follow the directions for when to start drinking the bowel preparation, your colonoscopy WILL be cancelled.

1. 6 PM: Place mixed laxative solution in your refrigerator. Do not add ice or sugar to the solution.

2. 8 PM: Drink HALF of the laxative solution.

3. Six (6) hours before your appointment: drink the remaining half of the laxative solution. You MUST finish it 3 to 5 hours before your appointment.

4. Two (2) hours before your appointment: It is important that you DO NOT take anything by mouth within two (2) hours of your procedure.

Do not take more than the recommended dose or serious side effects could occur.

DAY OF YOUR APPOINTMENT

Those with diabetes: Take half the dose of your insulin on the day of your procedure and do not take any diabetes pills unless directed otherwise by your doctor.

Other medications: Take all of your regular medications with sips of water at least two (2) hours prior to your procedure.