

830 Harrison Avenue, Boston MA 2<sup>nd</sup> Floor of the Moakley Pavilion

## Preparation Instructions for Morning 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 instructions on stopping the medication before your procedure.



### 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 high fiber foods such as 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, sodas, sports drinks, and popsicles, but **nothing red colored**.
- 6 PM** Place mixed laxative solution inside of the fridge to cool (no ice cubes)
- 8 PM** Drink half of the Laxative Solution – 1 cup every 10-15 minutes



### The Day of Your Appointment

- 6 hours before your appointment time**, drink 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).
- If you have diabetes:** Take half the dose of your insulin on the day of procedure and skip diabetes pill(s) unless directed otherwise. You should check your blood sugar level in the morning.
- Take all of your other regular medications** at least 2 hours prior to your test.
- Stop** taking anything by mouth, including clear liquids, at least 2 hours before the colonoscopy.

**If you can not keep this appointment please call 617-414-2600.**

**If you have any questions please contact the Patient Navigator 617-414-2494/617-414-2640**