



NORTH SHORE Physicians Group

Two Day Colonoscopy Preparation

Magnesium Citrate & Dulcolax Prep

PLEASE NOTE: If you have known kidney disease, please call our office at 978-741-4171 immediately to arrange for a different prep plan.

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: _____

PPE (ANESTHESIA) CALL APPOINTMENT (CERTAIN PROCEDURES ONLY): _____

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 Wheelock 5 Entrance to check in for the Endoscopy Suite

Mass General/North Shore Center for Outpatient Care (104 Endicott Street, Danvers) Please go to the 2nd floor 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 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** and are taking **oral medication**:
 - **Hold** the following medications for **three days prior** to procedure: **Invokana, Invokamet, Farxiga, Xigduo XR, Jardiance, Glyxambi or Synjardy**
 - For all **other oral diabetic medications**, take half of your normal dose the day prior to your procedure and do not take any oral diabetic medication on the day of the procedure.
- If you have **Diabetes** and are taking **insulin**:
 - If you 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** [warfarin (Coumadin), clopidogrel (Plavix), aspirin/dipyridamole (Aggrenox), rivaroxaban (Xarelto), apixaban (Eliquis), dabigatran etexilate (Pradaxa), cangrelor (Kengreal)] **and have not discussed this with our office, please call our office immediately.**
- If you take aspirin as prescribed by your physician, you may continue taking as instructed.
- 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.

SHOPPING LIST

Things to Buy from Grocery Store



1 box Chicken Boullion/broth
(No noodles or solids in the broth)



1 box Jell-O/gelatin
(Nothing with red coloring)



Liquids to stay hydrated (Clear, any kind, any brand) (Nothing with red, blue or purple coloring)



Coffee or Tea (no milk or cream)

Things to Buy from the Pharmacy



3 Bottles of Magnesium Citrate (any flavor-nothing red in color)



1 Box of Dulcolax (generic OK)
Can purchase over the counter



1 Box of Gas-X (generic OK)
Can purchase over the counter

Colonoscopy Preparation Instructions

Five days prior to your procedure:

- Stop anti-inflammatory medications (NSAIDs) such as Aleve, Motrin, Ibuprofen and Advil.
- Avoid raw fruits, vegetables, and seeds (cooked fruits and veggies are fine).
- If you take a daily laxative for constipation as prescribed by your physician, then continue to take it.
- Pick up three (3) bottles of Magnesium Citrate.
- You should also pick up one (1) box of Gas-X (*over the counter*).
- Pick up six (6) Dulcolax (Bisacodyl) tablets (*over the counter*).

Two days prior to your procedure:

If your Procedure is scheduled *before 12:00p.m.*:

- You may have a small, low residue diet for breakfast and lunch finishing lunch before 1p.m. **Clear liquids only beginning at 1p.m.** until after your procedure.

If your Procedure is scheduled *after 12:00p.m.*:

- You may have a small, low residue diet for breakfast, lunch **and** dinner finishing dinner before 5p.m. **Clear liquids only beginning at 5p.m.** until after your procedure.
 - A low residue diet consists of eggs, yogurt, cheese, and white /refined bread, cereal, or crackers (no whole grains)
 - A clear liquid diet includes any liquids you can see through, such as water, tea, black coffee, clear broth, apple juice, Gatorade (**not** red, blue or purple), white grape juice, and non-red Jell-O. Gatorade is preferred since it has electrolytes

All Patients:

- At 5p.m. take two (2) Dulcolax (Bisacodyl) tablets.
- At 7p.m. take one (1) bottle of Magnesium Citrate.
- Do not drink anything red, blue or purple. Do not drink milk or any dairy products.
- It is important to drink at least 8 glasses of clear liquid throughout the day, in addition to the prep, to avoid dehydration.

The day before your procedure:

- You may **only** have a clear liquid diet today.
- Refrigerate Magnesium Citrate.
- Do not drink anything red, blue or purple. Do not drink milk or any dairy products.
- It is important to drink at least 8 glasses of liquid throughout the day, in addition to the prep, to avoid dehydration.

<u>Procedure scheduled before Noon:</u>	<u>Procedure scheduled at Noon or after:</u>
<ul style="list-style-type: none"> • At 2p.m. take four (4) Dulcolax (Bisacodyl) tablets. • At 4p.m. chew and swallow two (2) Gas-X tablets. • At 4p.m. drink one (1) bottle of Magnesium Citrate followed by 2-3 eight (8) ounce glasses of clear liquids. • At 9p.m. chew and swallow two (2) Gas-X tablets. • At 9p.m. drink another one (1) bottle of Magnesium Citrate followed by 2-3 eight (8) ounce glasses of clear liquids. 	<ul style="list-style-type: none"> • At 2p.m. take four (4) Dulcolax (Bisacodyl) tablets. • At 4p.m. drink one (1) bottle of Magnesium Citrate followed by 2-3 eight (8) ounce glasses of clear liquids. • At 5p.m. chew and swallow two (2) Gas-X tablets. • At 9p.m. drink another one (1) bottle of Magnesium Citrate followed by 2-3 eight (8) ounce glasses of clear liquids.

Day of procedure:

<u>Procedure scheduled before Noon:</u>	<u>Procedure Scheduled for Noon or after:</u>
<ul style="list-style-type: none"> • You can take prescribed morning medications before 7a.m. • You may have small amounts of clear liquids up until two (2) hours prior to your scheduled arrival time and then nothing by mouth after this time. • Arrive at Endoscopy Suite as instructed. 	<ul style="list-style-type: none"> • At 6a.m. chew and swallow two (2) Gas-X tablets. • You can take prescribed morning medications before 8a.m. • You may have small amounts of clear liquids up until two (2) hours prior to your scheduled arrival time and then nothing by mouth after this time. • Arrive at Endoscopy Suite as instructed.

- Take all regularly prescribed medications with a sip of water (unless otherwise instructed).
- Please leave valuables and jewelry at home.
- Arrive at Endoscopy Suite as instructed with the following:
 - Name and phone number of escort;
 - Complete list of medications and allergies;
 - Photo ID;
 - CPAP machine if you have one (even if you don't use it). **If procedure being done at MGH please do not bring.*

After your procedure:

After your procedure, you will receive written discharge information/instructions.

Please remember that you will not be able to work, drive, or consume alcohol for the remainder of the day.

For further information, please visit our website

www.northshorephysicians.org/specialties/gastroenterology

Directions to Locations

Salem Hospital

81 Highland Avenue

Salem, MA

Enter campus via Upper Entrance

Proceed to the left and following signs

Enter through Colonoscopy/Endoscopy Entrance (Wheelock 5)

Mass General/North Shore Center for Outpatient Care

102/104 Endicott Street

Danvers, MA

Enter through Main Entrance

Take elevator to the 2nd floor, Day Surgery Department