



# NORTH SHORE Physicians Group

## Two Day Colonoscopy Preparation

*PEG (GoLYTELY) & Dulcolax Prep*

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
- Prescription for preparation solution
- 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 2<sup>nd</sup> 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 Bouillon/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)



**Lemon-flavored Crystal Light for flavoring**

## Things to Buy from the Pharmacy



**1 Bottle of GoLyteLy (Bring prescription)**



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



**1 Box of Gas-X (generic/store brand OK)**  
Can purchase over the counter



**1 Bottle of Magnesium Citrate**  
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.
- **BE SURE YOU HAVE PICKED UP YOUR PRESCRIPTION FOR THE PREPARATION.**
- Pick up one (1) bottle of Magnesium Citrate (*over the counter*).
- You should also pick up one (1) box of Gas-X (*over the counter*).
- Pick up six (6) Dulcolax (Bisacodyl) tablets (*over the counter*).
- Purchase lemon flavored Crystal Light.

## 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 (if you have kidney disease, skip this step)
- 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.
- Mix the PEG solution (4L jug) **with water only** and refrigerate. You may add a lemon-flavored Crystal Lite. We suggest drinking the preparation cold using a straw.
- 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"> <li>• At 2p.m. take four (4) Dulcolax (Bisacodyl) tablets.</li> <li>• At 4 p.m. chew and swallow two (2) Gas-X tablets.</li> <li>• Between 5p.m. and 10p.m. drink the PEG (GoLYTELY) solution - one (1) 8oz glass every 15-30 minutes until solution is gone or you are passing clear liquid.</li> <li>• At 9p.m. chew and swallow two (2) Gas-X tablets.</li> </ul>	<ul style="list-style-type: none"> <li>• At 2p.m. take four (4) Dulcolax (Bisacodyl) tablets.</li> <li>• At 5p.m. chew and swallow two (2) Gas-X tablets.</li> <li>• At 5 p.m. begin drinking PEG (GoLYTELY) solution.</li> <li>• Between 5p.m. and 10p.m. drink 2.5 Liters – one (1) 8oz glass every 15-30 minutes).</li> </ul>

## Day of procedure:

<u>Procedure scheduled before Noon:</u>	<u>Procedure Scheduled for Noon or after:</u>
<ul style="list-style-type: none"> <li>• You can take prescribed morning medications before 7a.m.</li> <li>• You may have small amounts of clear liquids up until two (2) hours <b>prior to your scheduled arrival time</b> and then nothing by mouth after this time.</li> <li>• Arrive at Endoscopy Suite as instructed.</li> </ul>	<ul style="list-style-type: none"> <li>• At 6a.m. chew and swallow two (2) Gas-X tablets.</li> <li>• Between 6a.m. and 8a.m. drink another 1 Liter of the PEG (GoLYTELY) solution - one (1) 8oz glass every 15-30 minutes until solution is gone or you are passing clear liquid.</li> <li>• You can take prescribed morning medications before 7a.m.</li> <li>• You may have small amounts of clear liquids up until two (2) hours <b>prior to your scheduled arrival time</b> and then nothing by mouth after this time.</li> <li>• Arrive at Endoscopy Suite as instructed.</li> </ul>

- Take all regularly prescribed medications with a sip of water (unless otherwise instructed).
- Please leave valuables and jewelry at home.
- Arrive at endoscopy center 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](http://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 2<sup>nd</sup> floor, Day Surgery Department