Getting Ready for Your Colonoscopy

Exam Arrival Date and Time: ________________________________

Exam performed by Dr. ________________________________

Brigham and Women’s Hospital Endoscopy Center
75 Francis Street
Amory Building, 2nd Floor
Boston, MA 02115

Brigham and Women’s Outpatient Endoscopy Center
850 Boylston Street (Route 9)
2nd Floor, Suite 202
Chestnut Hill, MA 02467

This guide covers how you need to prepare so we can get the best exam of your colon. Please complete all of the steps in this guide so you can have your colonoscopy on the scheduled day.

This guide includes:

- List of tasks to complete before you schedule your procedure
- Shopping List
- Prep Instructions
- Patient Survey

Please read all instructions at least 2 weeks before your exam

Please note: These preparation instructions may be different from the last time you had a colonoscopy. We have updated our prep instructions to be more effective, so you can have the best exam of your colon.

These instructions and instructional videos can be found at www.brighamandwomens.org/prep
Medical Words Used in this Guide

Some words in this guide may be new to you. Let’s go over what these words mean.

Colon
When food is turned into solid waste, the solid waste passes through the colon. The colon removes salt and water from the solid waste. Tumors and other health conditions can affect the colon.

Colonoscopy
A test to look inside your body at the colon to see if you have tumors or other health conditions that are affecting the proper functioning of your colon.

Laxative
A medication that helps you move your bowels.

Why Proper Colon Cleaning Is Needed

Food and liquids can stay in your body for a long time. If there is food still in your system when you get your colonoscopy, the food can get in the way of seeing any problems that may exist, like tumors.

*The doctor will get the best pictures of your colon when it is completely empty.*

The doctor will be able to tell right away if your colon is empty. If your colon is not completely empty, you will not be able to complete the exam. You will need to reschedule the exam and go through the preparation steps again.

Important Contact Info

Please follow this guide to get the best possible colonoscopy. Your exam cannot be performed if you do not complete all of the steps.

- If you have questions about the prep instructions or your procedure Monday-Friday (excluding holidays) between 8:00 am and 4:30 pm, please call **617-525-6814**.

- If you are calling Monday-Friday after 4:30 pm, during the weekend or on a holiday, please call **617-732-5500** and ask to speak to the GI doctor on call.

- If you need to reschedule your exam for any reason, please call **617-732-7426**.

- If you need medical help now, call **911** or go to the nearest Emergency Room.
What You Need to Do Before You Arrive For Your Colonoscopy

Before Your Colonoscopy
- Update your registration information by calling 866-489-4056.
- If you need a referral, call your insurance company.
- If you answer yes to anything in the “Medical History” section of your survey and it was not discussed when you scheduled your exam, please call the endoscopy nurse at 617-525-6814.

Medications
- If you have diabetes, ask your doctor about how to take your insulin and other diabetes medications.
- If you take blood thinners (Coumadin, Plavix, Pradaxa, Lovenox, etc), ask your doctor if you should stop these medications before your colonoscopy. Please notify the endoscopy nurse at 617-525-6814 if your doctor has recommended you not stop this for your colonoscopy.

Transportation
- Please plan ahead for an adult to take you home after your procedure. You will not be permitted to drive after your exam for your safety. If you do not have an adult to take you home, the colonoscopy cannot be performed.
- Please be aware that the 75 Francis Street Endoscopy Center closes at 6 pm and the 850 Boylston Street Endoscopy Center closes at 4:30 pm. Please make sure that your ride is available to escort you home no later than the closing time.

What to Bring to Your Colonoscopy
- Completed “Patient Survey” (please make sure to record the last time you took each of your medications)
- Name and phone number of the person who will take your home. They should be available to pick up within 30 minutes of being called.
- Photo identification
- DO NOT bring jewelry other than wedding rings

When Your Colonoscopy is completed
- In most cases, you will spend about 3 hours in the Endoscopy Unit from the time you arrive. We try to start your exam on time, but medical care can result in unavoidable delays.
- You cannot drive or drink alcohol for 12 hours after your procedure.
## Colonoscopy Shopping List

<table>
<thead>
<tr>
<th>What to Buy At the Grocery Store</th>
<th>What to Buy At the Pharmacy</th>
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<tbody>
<tr>
<td><strong>For clear liquids (examples below):</strong></td>
<td><strong>Laxatives you will need:</strong></td>
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<tr>
<td>1 box Chicken Bouillon/broth (No noodles or solids in the broth)</td>
<td>1 box Dulcolax or generic “Dulcolax” (bisacodyl) pills</td>
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<tr>
<td>1 box “Jell-o”/gelatin (No flavors with red coloring)</td>
<td>1 bottle of Miralax or generic “Miralax” (polyethylene glycol) 8.3 oz (238 grams)</td>
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<tr>
<td>1 bottle Ginger Ale or Clear Juice (Any brand)</td>
<td>1 saline Fleet or generic saline “Fleet” enema brand</td>
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<tr>
<td>2 bottles (32oz each) of Gatorade (needed for preparation) (No flavors with red coloring)</td>
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Colonoscopy MiraLax Preparation Instructions

Three Days Before Your Exam
- Eat a low fiber diet: avoid nuts, seeds, corn and raw (uncooked) fruits and vegetables.

One Day Before Your Exam
- No solid food for the entire day
- You can only have clear liquids, such as Jell-o, popsicles, broth, tea, black coffee and juice
- You cannot eat solid food until AFTER your colonoscopy is done

The Day Before at 2pm
1. Take 2 Dulcolax (or generic brand bisacodyl) pills with a full glass of water

The Day Before at 5pm
1. Pour 1 bottle of Gatorade and half (½) bottle of Miralax in a big pitcher or jug
2. Stir until Miralax is combined
3. Drink 1 glass of the Gatorade/Miralax every 15 minutes until you have finished the entire bottle
   - This will cause you to have loose stools
   - Continue drinking even if you have diarrhea
   - You may have nausea, but please continue drinking to be sure your colon is clean

5 Hours Before Your Exam
(this may be in the middle of the night)
1. Pour the 2nd bottle of Gatorade and the remaining half (½) bottle of Miralax in a big pitcher or jug
2. Stir until Miralax is combined
3. Drink 1 glass of the Gatorade/Miralax every 15 minutes until you have finished the entire bottle. You have 2 hours to finish drinking the preparation. Do not drink anything including preparation for 3 hours before your exam.

The Morning of Your Exam
1. Look at your stool. If your stool is still not clear or yellow (the color of urine), then use 1 saline fleet enema following the instructions on the box
2. Take your regular medications unless instructed otherwise by a doctor with a small sip of water
**Endoscopy Center: Patient Survey**

Please complete this survey before your scheduled procedure and bring a copy with you on the day of your procedure.

NAME __________________________________________

NAME of person bringing you home ___________________________ Tel#________________

- I am having:  Colonoscopy [ ]  Sigmoidoscopy [ ]  Upper Endoscopy [ ]  Other [ ] _______________________

- Did you follow the prep instructions?  yes [ ]  no [ ]

- Type of prep:  Miralax [ ]  2 day prep (magnesium citrate/Miralax) [ ]  GoLytely [ ]  None [ ]  Other [ ] _______________________

Reason for Procedure

__________________________________________________________

**Current Medications (including prescription and over the counter)**

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<th>Last Time Taken</th>
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<th>Dose</th>
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**Medical History (Please check if you have any of the following):**

- Internal Defibrillator  yes [ ]  no [ ]
- Restricted Neck Movement  yes [ ]  no [ ]
- Glutaraldehyde/Cidex Allergy  yes [ ]  no [ ]
- Chronic constipation  yes [ ]  no [ ]
- Difficult Airway Intubation  yes [ ]  no [ ]
- Facial Deformities  yes [ ]  no [ ]
- Bleeding Disorder  yes [ ]  no [ ]

If you answered YES to any of the above Medical History and it was not discussed when your exam was scheduled please call the Endoscopy Nurse at 617-525-6814
Medical History Continued

Allergies

If checked, please explain

High Blood Pressure [ ] ____________________ Liver Disease [ ] _________________
Diabetes [ ] ________________ Kidney Disease [ ] __________________________
Angina/Heart Attack [ ] ________________ Thyroid Disease [ ] __________________
Heart Problems [ ] ________________ Anemia [ ] ____________________________
Lung Disease [ ] ________________ Arthritis [ ] ____________________________
Sleep Apnea [ ] ________________ Cancer [ ] ____________________________
Stroke [ ] ________________ Seizures [ ] ____________________________

Other [ ] ______________________________________________________________________

Surgical History

Please use this space to share any additional information you feel is important:

____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________