



**Please arrive an hour before your appointment.**

*Here are some tips for ensuring the best examination possible.  
You should not stop aspirin for a procedure if it was prescribed by a physician.*

### **ONE WEEK BEFORE YOUR COLONOSCOPY**

- 1. FIND A FAMILY MEMBER OR FRIEND TO DRIVE YOU HOME AFTER YOUR COLONOSCOPY** *You cannot operate a vehicle until the day after your procedure because of lingering effects of the anesthesia. We will not perform the procedure without a ride. Taxis or ride shares (Uber, Lyft, etc.) are not allowed.*
- 2. AT LEAST ONE WEEK BEFORE YOUR COLONOSCOPY PLEASE PURCHASE YOUR MIRALAX (ONE 238 G BOTTLE AND ONE 119 GRAM BOTTLE) AND ONE 10 oz. BOTTLE OF LEMON/LIME FLAVOR MAGNESIUM CITRATE and (optional) THREE 32 OZ Bottles of Powerade or Gatorade (NO red, purple, orange)** *Please call our office at 978-459-6737; option 3, if you have any trouble obtaining your medication.*
- 3. MINIMIZE FIBER INTAKE THREE DAYS BEFORE YOUR COLONOSCOPY** *Limit high-fiber foods, like whole-grain breads and cereals, nuts, seeds, raw or dried fruits, and vegetables.*

### **THE TWO DAYS BEFORE YOUR COLONOSCOPY**

- 4. DO NOT EAT ANY SOLID FOOD STARTING TWO DAYS BEFORE YOUR COLONOSCOPY (FROM THE TIME YOU WAKE UP)** *Clear liquids that are allowed are: water, clear fruit juices (apple, white grape, white cranberry), ginger ale, Sprite, black coffee, black tea, clear broth, as well as Jell-O, popsicles, clear hard candies, Italian ices, Gatorade or Powerade, iced coffee or tea and any other clear liquids. (NO RED, PURPLE OR ORANGE COLORS)*
- 5. TWO DAYS BEFORE YOUR COLONOSCOPY at 5 P.M.:** *Drink the bottle of Magnesium Citrate and three 8 to 10 oz. glasses of water for hydration.*
- 6. THE EVENING BEFORE YOUR COLONOSCOPY at 5 P.M.: START YOUR COLON PREPARATION** *Mix one 238g bottle of Miralax in 64 oz. of water or clear Power/Gatorade. Drink until finished.*
- 7. DO NOT EAT OR DRINK ANYTHING\* AFTER 11 PM THE NIGHT BEFORE YOUR COLONOSCOPY EXCEPT THE SECOND PART OF THE PREPARATION** *No food, drink, gum, candy, etc. are allowed.*
- 8. THE MORNING, 6 HOURS BEFORE YOUR APPOINTMENT, FINISH YOUR COLON PREPARATION** *Mix one 119g bottle of Miralax in 32oz. of water or clear Gator/Powerade. Drink until finished.*

### **THE DAY OF THE COLONOSCOPY**

- 9. \*REGARDING MEDICATIONS - (CALL OFFICE WITH QUESTIONS)** *Take ALL your morning medications with a SMALL sip of water unless otherwise instructed by your doctor.*

*Please call the office if you have been diagnosed with any new medical conditions or if your insurance has changed as we may need to reschedule your procedure.*

*Please keep your phone near you the day of your procedure so we can notify you of delays and even earlier appointment times.*

*If you need to cancel or reschedule your procedure, please give our office at least 48 hours' notice.*

*Procedures cancelled or rescheduled within that time will be subjected to a \$50 fee prior to rescheduling.*

*Thank you!*

*We look forward to providing you with excellent care!*

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