



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

*Here are some tips for ensuring the best examination possible.*

### **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 cannot 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 MOVIPREP** *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 DAY BEFORE YOUR COLONOSCOPY**

- 4. DO NOT EAT ANY SOLID FOOD STARTING THE DAY BEFORE YOUR COLONOSCOPY** *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. THE EVENING BEFORE YOUR COLONOSCOPY at 5 P.M.: START YOUR COLON PREPARATION** *Pour one Pouch A and one Pouch B into the disposable container. Add lukewarm drinking water to the top line of the container and mix to dissolve. Drink until finished. Drink 16 oz. of clear liquid or water afterwards to maintain hydration.*
- 6. 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.*
- 7. THE MORNING, 6 HOURS BEFORE YOUR APPOINTMENT, FINISH YOUR COLON PREPARATION** *Repeat step 5.*

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

- 8. \*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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