Thank you for choosing to have your colonoscopy with North Shore Physicians Group. 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 in this letter. Please review the directions carefully as soon as you receive this packet as certain items require immediate attention as the preparation itself begins 5 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 review your insurance requirements for co-pay, deductible and co-insurance.

Your procedure is scheduled for:

DATE: ________________ ARRIVAL TIME: ________________

You should arrange for someone to drive you home 2.5 hours after you arrive. Prior to your appointment, please confirm with the person who will drive you home.

LOCATION:
- NSMC Salem Hospital – 81 Highland Ave., 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 St., Danvers
  Please proceed to the second floor

If you need to reschedule or have prep questions about your procedure, please call 978-741-4171 at least 72 hours in advance.
WHAT IS A COLONOSCOPY

- The most accurate method for evaluating the colon or large intestine.
- A safe, well-tolerated outpatient procedure performed with intravenous sedation.
- Used to screen for colon cancer and pre-cancerous polyps, and also to evaluate other GI symptoms.

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 been instructed to complete OneMedicalPassport (www.onemp.com) it is imperative that you do so.

- If you have diabetes and are on oral medication, take half of your normal dose the day prior to your procedure and hold oral diabetic medications on the day of the procedure.

- If you take blood thinners [warfarin (coumadin), clopidogrel (plavix), aspirin/dipyridamole (aggrenox), rivaroxaban (xarelto), apixiban (eliquis), dabigatran etexilate (pradaxa), cangrelor (kengreal)] or insulin and have not discussed this with our office, please call our office immediately.

- Pick up your prescription from the pharmacy. Dulcolax / Bisacodyl / Gas-X may be purchased over the counter.
COLONOSCOPY PREPARATION INSTRUCTIONS

**Five days prior to your procedure:**
- Stop anti-inflammatory medications (NSAIDs) such as Aleve, Motrin, Ibuprofen
- Avoid raw fruits, vegetables, and seeds (cooked fruits and veggies are fine)
- Be sure you have picked up your prescription for the preparation
- You should also pick up a box of Gas-X
- Purchase lemon flavored Crystal Lite
- Purchase 4 Dulcolax (Biscodyl) pills (over the counter)

**DAY PRIOR TO YOUR PROCEDURE (all patients):**
A low residue diet, which consists of eggs, yogurt, cheese, and white bread is permitted for breakfast before 9 a.m.

Begin clear liquid diet after breakfast, if your procedure is scheduled after 12 p.m., you can have a light lunch and start clear liquids after that.

A clear liquid diet includes any liquids you can see through, such as water, tea, black coffee, clear broth, apple juice, Gatorade (not red), white grape juice, and Jello (not red).

Do not drink anything red. Do not drink milk or other dairy products.

It is important to drink at least 8 glasses of liquid throughout the day, in addition to the prep, to avoid dehydration.

Mix the PEG solution (4L jug) as directed and refrigerate. You may add a lemon-flavored Crystal Lite.

We would suggest that you drink the preparation cold, with the Crystal Lite lemon flavoring, and use a straw.
<table>
<thead>
<tr>
<th>Procedure scheduled before Noon</th>
<th>Procedure scheduled at noon or after Noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>At 2 p.m. take 4 Dulcolax/Bisacodyl tablets</td>
<td>At 4 p.m. take 4 Dulcolax/Bisacodyl tablets</td>
</tr>
<tr>
<td>At 4 p.m. chew and swallow 2 Gas-X tablets</td>
<td>At 5 p.m. chew and swallow 2 Gas-X tablets</td>
</tr>
<tr>
<td>At 4 p.m. begin drinking the PEG preparation</td>
<td>At 6 p.m. begin drinking the PEG solution</td>
</tr>
<tr>
<td>Between 4 p.m. and 7 p.m., drink 2 Liters (an 8oz glass every 20-30 minutes)</td>
<td>Between 6 p.m. and 10 p.m. drink 2.5 Liters</td>
</tr>
<tr>
<td>At 9 p.m. chew and swallow 2 Gas-X tablets</td>
<td></td>
</tr>
<tr>
<td>Between 9-11 p.m. drink another 1.5 liters</td>
<td></td>
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</tbody>
</table>

**DAY OF PROCEDURE (all patients):**

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)

<table>
<thead>
<tr>
<th>Procedure scheduled before Noon</th>
<th>Procedure Scheduled for after Noon</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nothing to drink after midnight</td>
<td>At 6 a.m. chew and swallow 2 Gas-X tablets</td>
</tr>
<tr>
<td>You can take prescribed morning medications before 7 a.m. with a <a href="#">sip</a> of water.</td>
<td>At 6 a.m. drink another 1 Liter of the PEG over 2 hours (an 8oz glass every 20-30 minutes)</td>
</tr>
<tr>
<td>Arrive at endoscopy as instructed</td>
<td>Nothing by mouth after 8 a.m.</td>
</tr>
<tr>
<td></td>
<td>Arrive at endoscopy center as instructed</td>
</tr>
</tbody>
</table>
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

North Shore Medical Center Salem Hospital
81 Highland Avenue
Salem, MA

Enter campus via the upper entrance to hospital
Follow signs to valet parking
Enter through Wheelock 5

Mass General/North Shore Center for Outpatient Care
102 Endicott Street
Danvers, MA

Enter through main entrance
Take elevator to the 2nd floor