Dear Patient,

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 directions for preparing for your colonoscopy are included in this letter. Please review the directions carefully as soon as you receive this packet. Certain items require immediate attention; for example, the preparation 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 __________________________

LOCATION

**North Shore Medical Center/Salem Hospital**
Please go to the Wheelock 5 entrance
Check in for the Endoscopy Suite

**Mass General/North Shore Center for Outpatient Care**
102 Endicott Street, Danvers
Park in front and go to the second floor

If you need to reschedule your colonoscopy, please call __________________________

If you have questions about the prep for your procedure, please call __________________________

We look forward to seeing you at your colonoscopy.

Sincerely

Gastroenterology physicians of North Shore Physicians Group
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, 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. **If you are on aspirin for cardiac disease or stroke prevention DO NOT stop.**

- Pick up your prescription from the pharmacy. (The Dulcolax may be purchased over the counter)

- Pick up a box of Gas-X
COLONOSCOPY PREPARATION INSTRUCTIONS

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- Stop anti-inflammatory medications (NSAIDs) such as Aleve, motrin, ibuprofen
- Avoid raw fruits and vegetables (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

ONE DAY PRIOR TO YOUR PROCEDURE (all patients):

- A light low residue diet is permitted for breakfast before 9:00 AM
- A low residue diet consists of eggs, yogurt, cheese, and white bread
- Begin clear liquid diet after breakfast
- 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 non-red jello.
- Do not drink anything red. Do not drink milk or other dairy products except eggs, yogurt and cheese as indicated above.
- 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.
- 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>
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<tbody>
<tr>
<td>- At 2 pm take 4 Dulcolax tablets</td>
<td>- At 2 pm take 4 Dulcolax tablets</td>
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<tr>
<td>- At 4 pm chew and swallow 2 Gas-X tablets</td>
<td>- At 5 pm chew and swallow 2 Gas-X tablets</td>
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<tr>
<td>- At 4 pm begin drinking the PEG preparation</td>
<td>- At 5 pm begin drinking the PEG solution</td>
</tr>
<tr>
<td>- Between 4 pm and 7 pm, drink 2 Liters (an 8 oz glass every 20-30 minutes)</td>
<td>- Between 5 pm and 9 pm drink 2.5 Liters</td>
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<tr>
<td>- At 9 pm chew and swallow 2 Gas-X tablets</td>
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<td>- Between 9-11 pm drink another 2 Liters</td>
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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.

Please arrive at the Endoscopy Suite with the following items:

- 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)

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<th>Procedure scheduled before noon</th>
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<tbody>
<tr>
<td>• Nothing by mouth except your prescribed medications</td>
<td></td>
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<tr>
<td>• Arrive at endoscopy as instructed</td>
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<tr>
<td>• At 6 am chew and swallow 2 Gas-X tablets</td>
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<tr>
<td>• At 6 am drink another 1.5 Liters of the PEG over 2 hours (an 8 oz glass every 20-30 minutes)</td>
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<tr>
<td>• Nothing by mouth after 8 am</td>
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<tr>
<td>• Arrive at Endoscopy Suite as instructed</td>
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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

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

Enter campus via main entrance to hospital
Follow signs to Valet parking
Enter through Wheelock 5

Mass General/North Shore Center for Outpatient Care
102-104 Endicott Street
Danvers, MA

Enter through main entrance
Take elevators to the 2nd floor