

Appointment Details:

Tufts Medical Center
ENDOSCOPY UNIT – 3RD FLOOR PROGER BUILDING
800 Washington Street
Boston, MA 02111

Enclosed is important information regarding your scheduled procedure.

The clinical team in the endoscopy unit has reviewed all of your medical information available and has reserved a time for your specified appointment. Please note that this appointment requires a time slot in the endoscopy suite, booking of nursing staff, and (depending on the type of procedure) an anesthesiologist.

Cancelling your appointment on short notice, or not showing up for the appointment, leads to unnecessary downtime and cost and results in decreased access to timely care for our patients.

Try to avoid the cancellation of your appointment, if at all possible, by making the necessary arrangements needed in order to keep your appointment.

If you need to cancel, please call at least **5 business days** ahead of time, to allow for another patient to be scheduled in that time slot.

We appreciate your cooperation and understanding in this matter.

The procedure and what to expect:

A colonoscopy is an important exam used to evaluate intestinal bleeding, anemia, and changes in your bowel habits. It is also used as a screening test for early detection and prevention of colon cancer.

For this procedure, the doctor will have you lie on your side on an exam table and will use a colonoscope to look inside your large intestine. You may be given medication, with your consent, to make you feel comfortable during the procedure. The exam takes approximately 30 minutes, but this time may vary. Please plan to be at the hospital for about three hours, including time to register, meet with nurses and doctors, and rest after your procedure.

Designated driver:

Please arrange for an adult escort, 18 years or older, to take you home after the procedure. You will be receiving sedation, and you should not drive until the next day. Your escort does not have to come with you when you check in but must meet you in the endoscopy unit on Proger 3 when you are ready to go home. You are still required to have an adult escort, 18 years or older, if you plan to take the T, taxi, ride sharing service, THE RIDE, or are walking home. **If you do not have an escort on the day of your procedure, your procedure will be cancelled.**

Medications and illness:

If you are taking **blood thinners** (e.g. Plavix, Xarelto, Eliquis, Coumadin, etc), **heart medications** (e.g. Digoxin), or if you have a **pacemaker or defibrillator (AICD)**, please notify us well in advance of the procedure to receive specific instructions.

GLP1 medications slow stomach emptying. It is essential that your stomach is empty before having a colonoscopy. If residual food is leftover, you may end up aspirating while under sedation. This means

food from your stomach may end up in your windpipe or lungs and cause trouble breathing and even pneumonia.

If you are taking a **weekly (1 time per week) GLP1 agonist medication for diabetes or weight loss such as Trulicity, Bydureon BCise, Ozempic, Wegovy, or Mounjaro, you must discontinue this medication 7 days before your colonoscopy.**

If you are taking a **daily or twice daily GLP1 agonist medication for diabetes or weight loss such as Byetta, Victoza, or Saxenda, do not take this medication on the day of your colonoscopy.**

If you are taking a **SGLT2 inhibitor medication for diabetes such as Brenzavvy, Invokana, Farxiga, Jardiance, or Steglatro, do not take this medication on the day before and on the day of your colonoscopy.**

Your procedure will be cancelled if you do not follow these instructions.

If you are taking other **diabetic medication**, please reach out to the doctor that prescribes this medication well in advance of the procedure to receive specific instructions.

If you are **experiencing cold/flu symptoms** within 72 hours of your scheduled appointment, please call the office for further instructions.

Diet for colonoscopy prep:

Five days before your procedure, you should begin a “low-residue diet” to limit high-fiber foods, which your colon takes longer to clear.

High-fiber foods that you should avoid include:

- Whole-grain breads, oatmeal/cereals, and granola
- Nuts, seeds, raw/dried vegetables, and fruit (no salads)
- Beverages with pulp
- Nutritional supplements that contain fiber
- Pepper, beans, and corn/popcorn

One full day (24 hours) before your procedures, you should begin a “clear-liquid diet.”

- Only drink clear liquids the **entire day (breakfast, lunch, and dinner)** before your colonoscopy. Do not eat any solid foods. Do not drink anything red or blue.
- What can you have? - Clear soda, (ginger ale, Sprite, 7 Up), Gatorade (no red/blue), chicken/beef broth, Jell-O (no red/blue), popsicles (no red/blue), lemonade (no pulp), clear juice (apple, white cranberry, and white grape).
- What can't you have? - Red, blue, dark soda, grapefruit juice, orange juice, cream soups, alcohol, yogurt, pudding, or solid foods.

MIRALAX AND GOLYTELY COLONOSCOPY EXTENDED BOWEL PREPARATION

MIRALAX and GOLYTELY are medicines used by adults to clean the colon before a colonoscopy. MIRALAX and GOLYTELY clean your colon by causing you to have diarrhea. Cleaning your colon helps your healthcare provider see the inside of your colon more clearly during your colonoscopy.

- **REMEMBER: The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. Make sure that you SPLIT your bowel preparation dose as discussed below. If your colon is not clean enough, you may be asked to have a repeat colonoscopy in the near future.** You will develop significant diarrhea after drinking the preparation, so plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon. Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period can help alleviate these symptoms. A well-prepared colon produces yellow liquid. Please finish your preparation regardless of your stool color. During the prep, using baby wipes may ease some of your discomfort (if any). Applying Vaseline or similar to the anal area can also help with discomfort.

PURCHASE THIS OVER-THE-COUNTER ITEM:

- One bottle of MIRALAX 238 grams (8.3 ounces) powder or generic polyethylene glycol 3350.

5, 4, 3, and 2 DAYS BEFORE YOUR COLONOSCOPY:

- Twice during the day, mix 17 grams (1 capful) of MIRALAX with 8 ounces of water, juice, or liquid of your choice, and drink it. **Do this for each of these days.**
- Drink at least 8 glasses of water per day.
- Continue a “low-residue diet” as discussed in the diet section above.

DAY BEFORE YOUR COLONOSCOPY:

- Mixing your bowel prep
 - GOLYTELY solution is made up by dissolving the contents of the packet included in a gallon of clear liquid.
- Fill the supplied container containing the GOLYTELY powder with lukewarm drinking water to the 4-liter fill line.
- After capping the container, shake vigorously several times to ensure that the ingredients are dissolved.
- Keep solution refrigerated 36° to 46°F (2° to 8°C). Do not freeze.

5 PM: Start drinking the first half (about ½ gallon or 2 liters) of your bowel prep. Drink one, 10-ounce glass every 10-15 minutes. If you are able, walk about while drinking the liquid.

8 PM: Half of your bowel prep should be completed by this time.

MORNING OF YOUR COLONOSCOPY:

- **4-6 hours before procedure:** Drink the remaining half (about ½ gallon or 2 liters) of your bowel prep. Finish all of the bowel prep.
- **4 hours before your colonoscopy:** Do not drink anything following this time.

FOR MORNING PROCEDURES: You may take your morning medications (**except those indicated above in the “Medications and Illness” section**) with a sip of water.

FOR AFTERNOON PROCEDURES: You may drink clear liquids until 4 hours before your colonoscopy. **No solid foods.** You may take your morning medications with a sip of water.

If you typically have caffeine and are prone to caffeine headaches, you may have a **small** cup of coffee or tea **without** milk or cream in the morning. **You should have this at least four hours before your colonoscopy time.**

Helpful hints:

- Bring your photo ID & insurance card.
- Leave all jewelry and valuables at home.
- Although your physician tries their best to stay on time, issues do arise resulting in delays. We appreciate your flexibility.

You will be able to return home approximately 3 hours from your arrival time.

Sincerely,
Tufts Medical Center
Endoscopy Unit