

- ☐ **Avoid vegetables, fruit with skins, foods with seeds, nuts and whole grains for 3 to 5 days before your exam.**
- ☐ For the entire day before your exam (both AM and PM), only clear liquids are allowed, such as apple juice, black coffee or tea, sodas, broth, Jello (**NO RED**), popsicles (**NO RED**). Artificial dyes may stain colon contents. No solid foods are allowed the whole day before your procedure.
- ☐ A packet of Crystal Light (**NO RED**) may be added to prep instead of supplied flavors/Gatorade/G2.
- ☐ Apply Vaseline to your anal area to prevent discomfort.
- ☐ Leave money and valuables at home.
- ☐ Arrive 60 minutes before exam time to the Endoscopy Centre on the first floor of the hospital (30 minutes early if 7 AM exam).
- ☐ **You must have a responsible driver in order to receive sedation.** It cannot be the taxi/Uber driver. We have a driving service you can call to pre-arrange, if needed (call us at 617-983-7120). Sedation medication will not be given if you do not have someone to drive you home.

Special Instructions:

For Patients with Diabetes: Contact your primary care provider (PCP) about diabetic medications. You will not be eating or drinking for a few hours before your test. Your medications may need adjustment to keep your blood sugar at a safe level. You may use G2 instead of regular Gatorade for prep (you may use water or Crystal Light, as well). We recommend you check your blood sugar the morning of your test.

For Patients on Blood Thinners: Medicines like Coumadin (warfarin), Pradaxa and Plavix (clopidogrel) are usually stopped 5-7 days before your test. Stopping them helps prevent bleeding if tissue is removed or biopsied. You must contact your PCP for specific directions about these medications. In some cases, you cannot have the test while you are taking blood thinners.

For Patients with Pacemakers, Defibrillators and other Implanted Devices: Bring your device card with you. Make sure your pacemaker has had its routine checkup.

If there is any possibility you may be pregnant, please consult your primary care or obstetrician regarding having this procedure. If you need to make any changes to your procedure please call, 617-983-7017.