



If you need to reschedule your appointment, please call 617-983-7017 and follow the recorded prompts.

Items Needed to be Purchased from Your Pharmacy:

- Two Dulcolax laxative tabs/Bisacodyl tablets (*available over the counter/no prescription*)
- One 238 gram bottle of Miralax (*available over the counter/no prescription*)
- 64 oz of Gatorade or G2 (sugar free Gatorade) or 64 oz Crystal Light (**NO RED FLAVORS**)

Two Weeks Before Procedure:

- Consult your primary care physician if you are taking insulin or other diabetic medication. Your dose will need to be adjusted on day before/morning of procedure.
- Consult your primary care physician for blood thinners such as Coumadin/Warfarin, Plavix and Xarelto as they require dose adjustments prior to your procedure.
- Stop iron pills and multivitamin containing iron, five days prior to procedure.
- If you have been diagnosed with diverticulitis within the last 6 weeks, please call 617-983-7124.

Three to Five Days Before Procedure (five days is preferable if you are constipated):

- OMIT FRUITS, VEGETABLES, WHOLE GRAINS, SEEDS AND NUTS FROM YOUR DIET ([Low Fiber Diet](#))
- If you have constipation, please take one 10oz bottle of magnesium citrate on the evening prior to your prep. Have a clear liquid dinner on this evening or call the office for further information at 617-983-7124. This is called a "2 Day Prep". If you have kidney or heart failure problems, please call the GI Triage Coordinator for further instructions and do not use the magnesium citrate.

One Day Before Procedure Between 1 pm and 5 pm (Please follow these instructions. Product directions may differ):

**** No matter what time of day your procedure is, please follow these instructions carefully ****

- Only clear liquids may be consumed all day. Do not eat solid food of any kind.
 - **Broths:** *clear bouillon, chicken, vegetable or beef.*
 - **Beverages, etc:** *tea, coffee (no dairy cream/milk), Kool-Aid, carbonated beverages, clear juices like apple or cranberry, Italian Ices, popsicles, Jello. (NO RED FLAVORS)*
- Between 12 noon and 3 pm take 2 Dulcolax tablets with 2 glasses of water.
- Mix all of Miralax with Gatorade/G2, Crystal Light or water, dissolving powder completely in 64 oz of fluid.
- 2 hours after taking Dulcolax tablets, start drinking 8 oz of the Miralax/Gatorade every 15-20 minutes until the bottle is empty. If nauseous, take a break, then resume.
- Continue drinking plenty of clear fluids during and after preparation.
- To prevent irritation, Vaseline application to anal area after each evacuation may be helpful.
- If your stool is not clear/yellow, please take one 10 oz bottle of Magnesium Citrate with at least 24 oz of water. If you have kidney or heart failure problems, please call the Endoscopy Triage Coordinator at 617-983-7124 for further instructions and do not use the Magnesium Citrate.
- **If unable to resume laxative or if you are not clear (passing yellow or see through liquid stool in toilet), please call 617-983-7124 Monday-Friday (excluding holidays) between 8:00am and 4:30pm. If you are calling Monday-Friday after 4:30pm, during the week-end or holiday, please call 617-983-7848 and ask to speak to the GI doctor on call.**

Day of Procedure:

**** You may drink clear liquids after midnight and until 4 hours before your procedure. ****

- Patients taking beta blockers such as Metoprolol or Atenolol, or medicines for a seizure disorder, should take their medications as prescribed on the morning of the exam.
- Arrive 1 hour before your scheduled exam time (FOR 7 AM EXAMS ONLY, arrive at 6:30).
- You will be discharged approximately 3 hours after arrival time. **In order for your procedure to be performed, you must arrange for a responsible adult to meet you at the Gregory Endoscopy Center to sign you out and either drive you home or accompany you in a taxi/Uber/on public transportation** (responsible adult cannot be the taxi/Uber driver). You will not be discharged until your ride arrives.