



Merrimack Valley Endoscopy Center
 Pentucket Medical Building-1st Floor
 One Parkway Haverhill, MA 01830
 978-521-3235



Procedure Date: _____

Arrival Time: _____

Physician: _____

Getting Ready for Your Colonoscopy 2 Day Prep

Revised 9/3/21

Contact Info

- 978-521-3235 Monday - Friday 7AM- 4PM
- To cancel or reschedule your procedure, please call at least 5 days prior so that we may offer your appointment to another patient
- Call with questions about prep or procedure
- If you are unable to tolerate your prep and need guidance after normal business hours, the after hours service will contact provider on call
- If your insurance has changed since your last visit, you **must** call Mass General Brigham Patient Service Center 877-212-6487 before your appointment!

For Directions to our center visit: <https://pmaonline.com/locations/pentucket-medical-haverhill/>

Sign up for the Patient Gateway! You will be better able to communicate with staff and physicians and view test results. <https://patientgateway.massgeneralbrigham.org/>

Why a proper colon cleansing is necessary

- A thorough colon cleansing before the procedure is key to its success. If there is food or liquid in your system during your exam, it can get in the way of seeing any problems that may exist, like polyps and tumors. **The doctor will get the best pictures of your colon when it is completely empty.** If your colon is not completely empty, we will be unable to complete your exam; you will be rescheduled for repeat examination.

Set up a ride home!



- **YOU MUST ARRANGE FOR A RIDE HOME WITH A RESPONSIBLE FRIEND OR FAMILY MEMBER.** You will be unable to drive yourself home after your procedure. A Taxi or public transportation is allowed **ONLY** if accompanied by a responsible adult, friend or family member. Your procedure will be **CANCELLED** if this is not arranged!

Are you sick?



- **IF YOU DEVELOP A FEVER, COUGH OR ANY COLD/FLU LIKE SYMPTOMS; OR HAVE ANY OUTSTANDING CARDIAC OR RESPIRATORY TESTING, YOU MUST CALL US ASAP TO RESCHEDULE.**

Do you take blood thinners?



- If you are currently taking a blood thinner such as **Coumadin, Plavix, Effient, Pradaxa, Xarelto, Eliquis or Brilinta, etc.**, please call the endoscopy center at 978-521-3235 for further instructions.
- You may continue taking aspirin.

2 Day Colonoscopy Prep Instructions

Shopping List for Colonoscopy

- Miralax (polyethylene glycol 3350)- TWO 238 gm bottles - you will use 1 and 1/2 bottles.
- Dulcolax (bisacodyl) 5mg tablets - two tablets
- Simethicone anti-gas pills - any brand -You will need six - 125mg pills or three - 250mg pills
- 96 oz of clear liquid that is not red or purple for prep mix
- Plenty of clear liquids as exemplified on next page.
- Miralax, Dulcolax, Gas-X or generic equivalents are available at many stores including your drugstore, Walmart and Target. They are over-the-counter medications.

2 days before your exam

- Follow a low fiber/ low residue diet: see examples on next page.
- Stop taking fiber and iron supplements.
- Mix 7 capfuls or 1/2 of a bottle of Miralax with 32oz of gatorade, crystal light or other clear liquid of your choice, nothing red or purple, see examples. Shake well and refrigerate.
- 6PM - Take 250mg of simethicone and begin to drink Miralax mixture; one glass every 15-30 minutes.
- If you feel sick to your stomach, wait 30 minutes and then start drinking smaller amounts.

1 day before the exam

- Prepare your next solution: Mix one entire bottle of Miralax with 64oz of gatorade, crystal light mix or clear liquid of your choice. Shake well and refrigerate.
- You may have a small, low-residue meal for breakfast at 9AM the day before your procedure. Ex: coffee, eggs, yogurt, cheese, white/refined bread, cheerios or rice krispies.
- **Follow a clear liquid diet for the remainder of the day after breakfast;** no solid food including dairy, see chart on next page.
- 4PM - Take 2 Dulcolax pills with water.
- 6 PM - Take 250mg of simethicone and start to drink half of the Miralax mixture; one glass every 15-30 minutes.
- If you feel sick to your stomach, wait 30 minutes and then start drinking smaller amounts.

6 Hours Before Your Appointment

- **6 hours before your scheduled appointment:** Take 250mg of simethicone and drink the remaining 1/2 of the Miralax Mixture; one glass every 15-30 minutes. This may mean that you need to awake very early to start this step. **Please set an alarm.** i.e if your appointment is at 6:45am, you will need to start this step at 12:45am
- **4 hours before your appointment:** STOP DRINKING all liquids. If you fail to follow this instruction, your procedure will be postponed or cancelled.
- If you must take important medications, take with a few small sips of water only
- If you are diabetic and take insulin, take 1/2 of your usual dose. Check your blood sugar before your arrival
- Please bring your completed health questionnaire, a photo ID and insurance card.

Low Fiber / Residue Diet Guide

Low Residue/ Low Fiber - Eat These!

- coffee, tea, skim milk
- refined white breads, cereals, pastas, white rice
- clear broth based soup, chicken soup
- soft meats, fish, and eggs
- fruit without peels or seeds (e.g., peeled apples, bananas, cantelope, canned peaches or pears)
- soft, cooked vegetables (e.g., beets, beans, carrots, cucumber, eggplant, mushrooms, peeled potatoes etc.)
- milk, yogurt, low fat cheese

High residue/ High Fiber - AVOID these!

- whole grain bread, cereals, and pasta (e.g., oatmeal, buckwheat, flax, popcorn, brown or wild rice)
- raw vegetables
- the following vegetables whether cooked or raw: broccoli, cauliflower, brussels sprouts, cabbage, kale, swiss chard
- dried fruit, berries, and other fruit with skin or seeds
- crunchy peanut butter (smooth is okay)
- seeds and nuts
- dried beans, peas, and lentils
- high fat meat, fried foods

Clear Liquid Diet Examples



- Water and soda water
- Black Coffee/ Tea
- Clear juices that are not red or purple
- Clear broths
- Popsicles
- Gelatin (Jell-o)
- Coconut water



- No milk, dairy or dairy substitutes
- No RED or PURPLE fluids
- No grape or cherry juice
- No fruit punch
- No juice with pulp like orange juice