

ARRIVAL

Please arrive at the facility least one hour before the time of your scheduled procedure (do not plan on arriving later than this, regardless of what others may tell you). Procedures scheduled for 7:30 AM generally start on time. Procedures scheduled after this are given an approximate starting time but this may vary considerably depending on the time required for the preceding procedures and other events such as emergencies. It is just as common for a procedure to be moved up to an earlier time as it is to be delayed. We will try to call and let you know whenever possible so that your plans may be adjusted. For this reason, it is important that you let us know what are your best contact numbers including home and cell phones.

GOING HOME

If any form of sedation or anesthesia is used, you will be monitored in the recovery room for 1 to 2 hours after your procedure. A responsible adult must accompany you home. If you do not make arrangements to be picked up or escorted by someone you know, no sedation may be given and the procedure may have to be cancelled and rescheduled. You should not drive or operate machinery for the remainder of the day.

QUESTIONS

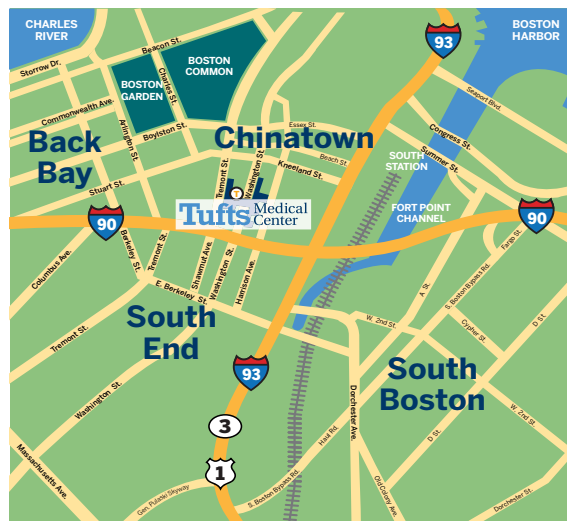
If you have any questions or problems, call your doctor. If you experience problems outside of office hours or on weekends call the Tufts Medical Center operator at 617-636-5000 and ask for the physician on call for Colon and Rectal Surgery. If you cannot wait, come to the Emergency Room.

CANCELLATIONS

If for any reason you are unable to keep this appointment, please notify us as soon as possible.

To make an appointment or ask a question, call the Division of Colon and Rectal Surgery at **617-636-6190**.

For urgent problems, call the Tufts Medical Center operator at **617-636-5000** and ask for the on-call physician for Colon and Rectal Surgery.



Tufts Medical Center is easily accessible by car from the Massachusetts Turnpike (Route 90), the Central Artery and the Southeast Expressway (Route 93). Tufts Medical Center is located in downtown Boston, in Chinatown and the Theater District and within walking distance of the Boston Common, Downtown Crossing and many hotels and restaurants. For directions, visit www.tuftsmedicalcenter.org/AboutUs/Directions.

Tufts Medical Center

800 Washington Street
Boston, MA 02111
617-636-5000

www.tuftsmedicalcenter.org

Colonoscopy

Preparation and Treatment

Tufts Medical Center

You are scheduled for a colonoscopy, an examination of the colon. For good visualization and a successful examination, it is necessary to clean out the bowel. Please follow these directions carefully. If the colon is not clean, the doctor will be unable to do the examination and another appointment will have to be scheduled with another preparation.

DIET

- ▶ On the day prior to your procedure a **clear liquid diet** should be followed. This includes tea, coffee, Jello, chicken broth or bouillon, consommé, white grape juice, apple juice, Seven-up, Sprite, ginger ale, Gatorade, popsicles, and water. Drink your three meals and as much liquid between meals as you can. Do not drink citrus juices or red colored fluids. If you are constipated, use this clear liquid diet for two days prior to the procedure.
- ▶ **Do not drink or eat anything within 8 hours of the procedure.** If your procedure is early in the morning, **do not drink or eat anything** after 10:00 PM the night before. If your procedure is late in the day, you may drink clear liquids until 8 hours before you arrive at the facility. You must be fasting when you come for your procedure. The only exception is those patients who have daily medications. Ask your physician which medications you should take with a sip of water.

MEDICATIONS

If you have regularly prescribed medicines, ask your physician whether or not you should take them before the procedure.

- ▶ Unless otherwise specified, you should not take aspirin, dipyridamole (Persantine), ibuprofen (Advil, Motrin, etc.), Plavix, Alleve, or other non-steroidal anti-inflammatory medications (NSAIDs) for 10 days before your procedure. These medications interfere with platelet function and increase the risk of bleeding complications.
- ▶ If you are diabetic, do not take any insulin or oral diabetes medications the day of your procedure. On the day before, take one half of your normal dose.

BOWEL PREPARATION

Starting at 2:00 PM on the afternoon **prior** to your procedure, you will need to perform **one of the following** preparations to clean out the bowel.

Magnesium Citrate Prep

- Buy - 2 bottles of magnesium citrate 10 oz
- 4 Dulcolax laxative tablets
- 2:00 PM Drink one bottle of magnesium citrate over 30 minutes.
- 3:00 PM Take 2 Dulcolax tablets by mouth.
- 5:00 PM Drink one bottle of magnesium citrate over 30 minutes.
- 6:00 PM Take 2 Dulcolax tablets by mouth.
- Between 6:00 PM and 10:00PM drink at least 4 glasses of clear liquids.

PEG Prep

- Buy 1 gallon or 4 liter jug of a PEG solution (Go-Lytely, Co-Lyte, NuLytely). You may choose any flavor available at your pharmacy.
- 2:00 PM Drink the PEG solution over a 2-3 hour period (about 1 glass or 8 ounces every 10 minutes).

Miralax Prep

- Buy - 4 Dulcolax laxative tablets
- 1 Miralax powder container 255 gm
- 1 bottle of Gatorade 64 ounces, flavor of your choice but no red color
- 2:00 PM Take 2 Dulcolax tablets by mouth.
- 4:00 PM Mix the entire 255 gm bottle of Miralax with the 64 oz bottle of Gatorade. Drink all of the solution over 1½-2 hours, (about 1 glass every 15 minutes).
- 8:00 PM Take 2 more Dulcolax tablets with a glass of water.

ON THE MORNING OF THE EXAMINATION

Remember to bring all necessary insurance forms and numbers with you. If you are not completely cleaned out (your stools are not watery and straw-to-clear colored), administer a Fleet Phosphosoda enema 1-2 hours prior to leaving home. Lie on your left side with your left leg straight and your right leg drawn up. After removing the enema from the box, remove the green cap. Insert the lubricated tip of the bottle gently into your anus all the way to the bottom of the slender tip and squeeze out the contents of the bottle. Then, remove the cap from the bottle, refill it with luke warm tap water and administer this in the same way and in addition to the Fleet enema to double the volume of fluid placed in the rectum and distal colon. This improves the effectiveness of the enema. Retain the enema fluid for as long as you can up to 5 minutes, then expel it in the toilet.