



DEAR: _____ DATE: _____

This letter is to inform you that we have scheduled a **COLONOSCOPY** at:
BETH ISRAEL DEACONESS HOSPITAL-MILTON on: _____

*Report at: _____

- *** Please be aware that this is NOT your procedure time. This is the time you need to arrive at the hospital in order to prepare you for your procedure.**

ALL PATIENTS SHOULD ENTER THROUGH THE EMERGENCY ROOM ENTRANCE OF THE HOSPITAL THE ENDOSCOPY CENTER IS DOWN THE HALLWAY ON YOUR RIGHT

- Please follow the Preparation Instruction sheet carefully. Be sure to contact our office if you have any questions regarding these instructions.
- If your insurance requires a **referral**, please contact your **PRIMARY CARE PHYSICIAN** to have this referral in place prior to the procedure date.
- **Please bring with you on the day of your procedure a list of all prescription and over the counter medications you take and a photo ID, such as a drivers license.** (for your convenience, a list of medications form is included in this packet or you can download and print forms off of our website at: www.bostondigestive.com)
- Be aware Beth Israel Deaconess Hospital-Milton Admitting Department will be contacting you to pre-register in order to prevent delays of your scheduled procedure time.

MEDICATIONS:

- Take all your am medications on the morning of the exam as prescribed except those that we have listed below with specific instructions.

YOU MUST HAVE A RIDE HOME FROM THE HOSPITAL ON THE DAY OF YOUR PROCEDURE

Your procedure will be cancelled if you do not have a responsible adult to drive you home.



Instructions for Miralax® / Gatorade® Prep

First Purchase the following items. (all products found at your local stores.)

- Two bottles of MIRALAX® Powder – 119 grams each bottle.
- Two 32 ounce, QUART size bottles of GATORADE® OR POWERADE®.
 - NO PURPLE or RED flavors: refrigerate if necessary.
 - Do NOT substitute with generic brands.
- One small package of DULCOLAX® LAXATIVE TABLETS. *Do not purchase the stool softener!*



Note: individual responses to these laxatives will vary! It may take 3 hours or longer for it to work.

ONE DAY BEFORE EXAM – NO SOLID FOODS. ONLY CLEAR LIQUIDS

- Starting from when you wake up, DRINK ONLY clear liquids ALL DAY.

Allowed

Apple or white grape juice
 Water or Lemonade
 Crystal Light or Gatorade®
 Clear broth or bullion
 Carbonated or non carbonated soda
 Coffee or Tea without Milk or non dairy creamer
 Plain JELLO-O without added fruit or toppings
 • no red or purple flavors

STOP: NOT Allowed

NO Solid Foods
 NO Milk or ANY Milk Products
 NO Purple or Red Liquids or
 Flavors of any kind they can
 mimic the color of blood during
 the exam.



THE NIGHT BEFORE EXAM : 3-7 PM

STEP ONE: Start the prep anytime between 3-7pm with the following:

1. Combine one bottle of MIRALAX® into one of the 32 oz. /quart bottles quart of Gatorade® or the Powerade® you chose.

Note: Do not pour the bottle of MIRALAX into a full 32oz bottle of the Gatorade® or Powerade®. It will overflow. Mix the MIRALAX and the Gatorade® or Powerade® in a separate container.

2. Drink an 8 oz. cup every 15 minutes until the 32 oz./quart bottle is finished.

STEP TWO:

1. Take 4 DULCOLAX® Tabs with two glasses of a clear liquid of your choice.



DAY OF THE EXAM: NO SOLID FOODS ONLY CLEAR LIQUIDS

3 HOURS BEFORE YOU LEAVE FOR YOUR APPOINTMENT

1. Combine one bottle of MIRALAX® into one of the 32 oz. /quart bottles quart of Gatorade® or the Powerade® you chose. Please see “note” mixing instructions in step one above.
2. Drink an 8 oz. cup every 15 minutes until the 32 oz./quart bottle is finished.

2 HOURS PRIOR TO YOUR SCHEDULED ARRIVAL TIME – STOP ALL LIQUIDS

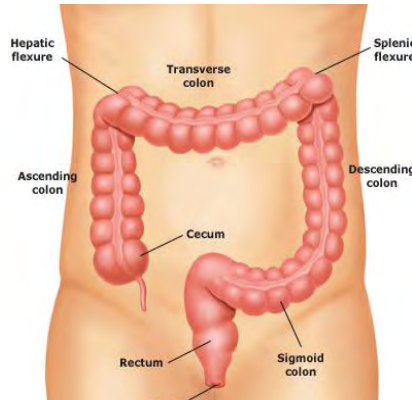
- Arrive for your colonoscopy at the scheduled time.

YOU MUST FOLLOW THESE DIRECTIONS EXACTLY!

TAKE BOTH DOSES OF THE PREP AS DIRECTED TO CLEAN YOUR COLON COMPLETELY OR THE EXAM WILL NEED TO BE REPEATED!



Colonoscopy



What is a colonoscopy?

The lower gastrointestinal (GI) tract consists of the small intestine and the large intestine (also called the colon), and is mainly responsible for completing the digestion process. Nutrients are taken from food in the small intestine and the un-digestible portion passes into the colon, a 6-foot-long tube that ends at the rectum. The colon then forms the waste into solid stool and stores it until it is voluntarily evacuated.

Because the colon is full of turns and bends, it is difficult to examine. For this reason, doctors rely on a special method called colonoscopy. Using a long, thin flexible instrument (a colonoscope), a doctor can directly inspect the inside of the colon.

What does it feel like?

The procedure takes from 15 to 60 minutes and can cause temporary, slight cramping. But you will be lightly sedated before the exam begins, so any feelings of discomfort should be mild. Afterward, you may also experience a “gassy” feeling when you are taken to the recovery area but other than that, there should be little or no discomfort. Because you have been given medication for the examination you should make arrangements to be picked up and driven home after the exam.

Colonoscopy is a relatively safe procedure and reliable results will be valuable in helping your doctor make an accurate diagnosis. This requires your taking specific steps at home in order to clean your bowels. The steps are explained in the section titled *Before Your Exam*. If you have any questions or concerns after reading it, do not hesitate to discuss them with your doctor.

What does the exam involve?

During the exam you will be asked to lie on your side. This way, your doctor can gently insert the colonoscope through the anus and rectum and pass it into the bowel, and then draw it out slowly while carefully examining the inside surface. At some point you may be asked to change your position so the doctor can better examine a particular area. If there appears to be an abnormality, the same instrument may then be used to remove a small piece of tissue for further laboratory examination.



CANCELATION POLICY

To all patients:

It is **MANDATORY** that you give the office **48 hours** cancellation notice for any scheduled procedures and **24 hours** cancellation notice for any scheduled office appointments.

A \$100 **CANCELATION FEE** will be charged if you do not notify the office 48 hours in advance of the scheduled procedure. A \$50 fee will be assessed for any office visit if 24 hours notification is not given prior to the scheduled appointment.

Missed appointments and last minute cancellations carry costly fees to the hospital and medical staff. The courtesy of giving proper notice of any cancellation makes it possible for us to reallocate that time to another patient who is in need of treatment.

We appreciate your cooperation in this matter and wish to thank those who have complied in the past.

Sincerely,



I, _____ have read and understand the cancellation policy terms.
patient name