

Please read ALL instructions as soon as possible so that you are adequately prepared for your procedure.

St. Vincent's Hospital Policy:

You will be sedated, therefore you MUST have a driver that remains with you from checking in to checking out. Your driver shall remain in the GI Lab at all times, to prevent the delay of being discharged. Bring a list of ALL medications.

Female patients ONLY:

If you have a menstrual cycle you will need to have a full bladder upon arrival, a urine pregnancy test will be given.

Preparation: EVERYTHING IS PURCHASED OVER THE COUNTER

1. Miralax (14-dose, 238 gram bottle)
2. Dulcolax Laxative Tablets (take a total of 4 tablets)

*****IF YOU ARE A DIABETIC AND/OR TAKING INSULIN PLEASE CONTACT YOUR PRIMARY CARE DOCTOR FOR INSTRUCTIONS. IF YOU ARE A RENAL PATIENT OR TAKING BLOOD THINNERS/ANTICOAGULANTS SUCH AS COUMADIN, PRADAXA, PRASUGREL, OR AGGENOX, ETC. PLEASE CONTACT OUR OFFICE FOR FUTHER INSTRUSTIONS*****

The day before the colonoscopy it is okay to have a light breakfast, then clear liquids only the remaining of the day. Clear liquids include: NO RED OR PURPLE ** Water, strained fruit juices WITHOUT pulp, (apple, white grape, white cranberry, lemonade), clear broth or bullion, coffee, tea WITHOUT milk and creams, Jello, Kool-Aid, Gatorade, popsicles, carbonated drinks: Coke, Pepsi, Dr. Pepper, etc. Sprite, 7-Up, Ginger Ale may help with nausea.

1. At 1:00 p.m. take 2 Dulcolax tablets
2. At 3:00 p.m. mix one bottle of Miralax in 64oz of Crystal Light Gatorade or Water. Mix the solution until the Miralax is dissolved. Drink 8 oz. every 15 minutes until the solution is gone. If you are to become nauseated, stop for 30-45 minutes, drink Ginger Ale, Sprite, or 7-up to settle the nausea, and resume your preparation.
3. At 5:00 take 2 more Dulcolax tablets.
4. Continue drinking clear liquids until bedtime. NOTHING TO EAT OR DRINK AFTER MIDNIGHT

DO NOT TAKE ANY MEDICATIONS THE MORNING OF YOUR PROCEEDRE

Patient drop will be located at the new outside entrance of the GI Lab (between the main hospital and POB 2/ old cancer center). Valet services will be available at the POB 2 entrance (closest to our entrance). If you do not wish to use valet services, please feel free to park in any one of our parking decks or open lots.

If you have any questions please call our office: 205-933-0960

Day of procedure:

Time:

