

Southview Medical Group- Gastroenterology- Dr. Joanna Siegel
Colonoscopy Prep Instructions

****NOTE: Please read ALL instructions very carefully. If you have read the instructions and still do not understand them all, please call our office at (205)933-4675 with specific questions. ****

IF YOU TAKE BLOOD THINNERS (COUMADIN, EFFIENT, XERELTO, AGGRENOX, ETC.), PLEASE CONTACT OUR OFFICE AND LET US KNOW AT LEAST A WEEK IN ADVANCE. YOU **MUST** COME OFF YOUR BLOOD THINNER BEFORE THE PROCEDURE. You do not need to come off of aspirin.

Purchase at pharmacy **OVER THE COUNTER:**

Miralax 238 grams (Miralax comes in this size- please ask your pharmacist), 64 oz bottle of sugar-free OR regular Gatorade (NO RED, ORANGE, OR PURPLE), Dulcolax laxative tablets; we also suggest you get diaper cream.

Two days prior to the procedure, follow a low-residue diet. Foods to avoid include and raw fruits or vegetables, all green, leafy foods, any foods that contain seeds (such as squash, okra, and tomatoes), and any food that has hulls (such as beans, peas, or corn). PLEASE NOTE THAT YOU CAN EAT **ANYTHING** THAT IS NOT ON THIS LIST.

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY. ONE DAY PRIOR TO THE PROCEDURE:

1. Drink clear liquids ONLY. This means ABSOLUTELY NO SOLID FOOD. You can have strained fruit juices WITHOUT PULP (including apple, white grape, lemonade, etc.), water, clear broth or bouillon, coffee or tea WITHOUT MILK OR NON-DAIRY CREAMER. You can also have any of the following THAT ARE NOT RED, ORANGE, OR PURPLE: Gatorade, carbonated, and non-carbonated soft drinks, Kool-Aid, plain JELL-O, or popsicles. **PLEASE NOTE THAT SOLID FOODS, MILK, OR MILK PRODUCTS ARE NOT ALLOWED.**
2. At 3:00 PM the day before the procedure, take 4 Dulcolax laxative tablets.
3. At 5:00 PM, mix 238 grams of Miralax in 64 oz of sugar-free OR regular Gatorade. Shake solution until Miralax is dissolved. Drink an 8 oz glass every 10-15 minutes. **NOTE: If you do not think you can drink an 8 oz glass every 10-15 minutes, please start the prep a few hours earlier.**
4. Continue drinking clear liquids until bedtime.
5. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

On the day of the procedure:

1. DO NOT EAT OR DRINK ANYTHING. THIS INCLUDES WATER!
2. If you take medication, you may take it on the morning of your procedure with a small sip of water.
3. **You must have someone to drive you for 24 hours after the test. BRING SOMEONE WITH YOU TO DRIVE YOU HOME. THEY MUST STAY THE ENTIRE PROCEDURE.**
4. Please go to the 2nd floor of the main hospital to the GI lab at the time of your appointment. You will register there.
5. If you have read this list THOROUGHLY and do not understand all or part of it, please call Dr. Siegel's office at (205)933-4675.

Appointment Date: _____ Arrival Time: _____