

**Southview Medical Group – Gastroenterology – Dr. Joanna Siegel
Colonoscopy Prep Instructions**

Appointment Date: _____

Arrival Time: _____

****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) 933-0960, option 2.*

IF YOU TAKE ANY BLOOD THINNERS SUCH AS COUMADIN, WARFARIN, XARELTO, PLAVIX, ELIQUIS, ETC., PLEASE CALL OUR OFFICE AT LEAST ONE WEEK IN ADVANCE. YOU MUST COME OFF OF YOUR BLOOD THINNER BEFORE THE PROCEDURE. YOU DO NOT NEED TO COME OFF OF ASPRIN.

Purchase at your pharmacy: Miralax 238 grams (8.3 oz.), 64 oz. bottle of regular or sugar-free Gatorade, (no red, orange, or purple), and Dulcolax laxative tablets. We also suggest diaper cream.

Two days prior to procedure: Follow a low residue diet. Avoid any raw fruits and vegetables. Avoid all leafy, green vegetables. No food that contain seeds or hulls, (squash, okra, tomatoes, beans, peas, corn, etc.) You can eat anything that is not on this list.

Follow these instructions carefully one day prior to procedure:

1. Drink clear liquids only. **ABSOLUTELY NO SOLID FOODS.** You can have juice, (apple, white grape, no pulp), water, clear broth, coffee or tea, (no milk or non-dairy creamer). You can have gatorade, Sprite, Kool-aid, (no red, orange, or purple), or water popsicles, (no red, orange, or purple).
2. At 3:00pm, take 4 Dulcolax tablets with a glass of water.
3. At 5:00pm, mix 238 grams, (8.3 oz.), of Miralax in 64 oz. of Gatorade. Stir until Miralax is dissolved. Drink an 8oz. Glass every 10-15 minutes until gone. If you do not think you can drink an 8oz. glass every 10-15 minutes, please start prep a few hours earlier.
4. Continue 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, INCLUDING WATER.**
2. If you take medication, you may take it on the morning of the procedure with a small sip of water.
3. You must have someone to drive you for 24 hours after the procedure. **BRING SOMEONE WITH YOU TO DRIVE YOU HOME. THEY MUST STAY THE ENTIRE PROCEDURE.**

Please go to the GI Lab at your arrival time. The GI Lab is located in the old Bruno Cancer Center across from Professional Building 3.

**Southview Medical Group
Gastroenterology – Dr. Joanna Siegel**

Upper Endoscopy (EGD) Prep Instructions

Appointment Date: _____ Arrival Time: _____

1. Do not eat or drink anything after midnight the night before the procedure. This includes water. *****NOTE: If you take blood pressure medication, you may take this before your procedure with a small sip of water.**
2. Bring a driver with you. The driver will need to stay for the duration of the procedure. If they cannot, you must reschedule your procedure.
3. You will register at the GI Lab, which is located in the old Bruno Cancer Center across from Professional Building (POB) 3.

*****If you are on blood thinners such as Coumadin, Plavix, Warfarin, Aggrenox, Effient, Xarelto, etc., please contact our office and let us know at least a week before the date of your procedure. You must come off your blood thinner to have the procedure. You do not need to come off of aspirin.*****

If you have any questions, concerns, or do not understand these instructions, please contact Dr. Siegel's office at (205) 933-0960, option 2.

Colonoscopy Two Day Prep
Southview Medical Group
Dr. Joanna Siegel

Appointment Date: _____ Arrival Time: _____

Please read all instructions very carefully. If you have any questions, please call our office at (205) 933-0960, option 2.

IF YOU TAKE ANY BLOOD THINNERS SUCH AS COUMADIN, WARFARIN, XARELTO, PLAVIX, ELIQUIS, ETC., PLEASE CALL OUR OFFICE AT LEAST ONE WEEK IN ADVANCE. YOU MUST COME OFF OF YOUR BLOOD THINNER BEFORE THE PROCEDURE. YOU DO NOT NEED TO COME OFF ASPIRIN.

Purchase at your pharmacy: 2 bottles of Miralax 238 grams (8.3 oz.), 2 64 oz bottles of regular or sugar-free Gatorade (no red, orange, or purple), and 8 Dulcolax laxative tablets. We also suggest diaper cream.

Three days prior to procedure: Start a low-residue diet. Avoid any raw fruits or vegetables. Avoid all leafy, green vegetables. No foods that contain seeds or hulls such as squash, okra, tomatoes, beans, peas, corn, etc. No foods that contain whole grains.

Two days prior to procedure: Clear liquids only. Absolutely no solid foods. You can have clear juice with no pulp, water, clear broths, coffee or tea, Sprite, Gatorade, Kool-aid, water popsicles, and plain jello. No milk or dairy products. Nothing red, orange, or purple.

At 3:00 PM, take 4 Dulcolax tablets.

At 5:00 PM, mix 1 (238 gram) bottle of Miralax in a 64 oz bottle of Gatorade. Mix the solution until dissolved. Drink an 8 oz glass every 15 minutes until gone. You may continue to drink clear liquids until bedtime.

REPEAT THE CLEAR LIQUID DIET AGAIN ONE DAY PRIOR TO THE PROCEDURE.

At 3:00 PM, take 4 Dulcolax tablets.

At 5:00 PM, repeat the above Miralax and Gatorade mixture, drinking an 8 oz glass every 15 minutes until gone. You may continue to drink clear liquids until bedtime.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT.

On the day of the procedure: Do not eat or drink anything. If you take medication, you may take on the morning of your procedure with a small sip of water. **YOU MUST HAVE SOMEONE DRIVE FOR YOU FOR 24 HOURS AFTER THE PROCEDURE.** Please go to the GI Lab at your arrival time. You will register here. The GI Lab is located in the old Bruno Cancer Center across from Professional Building 3.