

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 OF 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.

*****There will be a \$150.00 no show/cancellation fee for anyone that does not give a 72 hour notice for any procedure. This fee will need to be paid in full before the procedure can be rescheduled.**