

**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), jello, 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.

*****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.**