

Southview Medical Group Gastroenterology

Colonoscopy Bowel 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, please call our office at (205) 933-0960.

IF YOU TAKE ANY BLOOD THINNERS SUCH AS COUMADIN, WARFARIN, XARELTO, PLAVIX, ELIQUIS, ETC, PLEASE CALL OUR OFFICE AT LEAST 2 WEEKS IN ADVANCE. YOU MUST COME OFF YOUR BLOOD THINNERS PRIOR TO THE PROCEDURE AND WILL NEED MD APPROVAL. YOU DO NOT NEED TO STOP LOW DOSE ASPIRIN.

IF YOU TAKE A GLP-1 MEDICATION, SUCH AS OZEMPIC, REBELYSIS, WEGOVY, MOUNJARO, ZEPBOUND, COMPOUNDED SEMAGLUTIDE, ETC, YOU WILL NEED TO HOLD YOUR DOSE ONE WEEK PRIOR TO THE PROCEDURE. FAILURE TO DO SO MAY RESULT IN CANCELLATION OF PROCEDURE OR THE NEED FOR A MORE INVOLVED ANESTHESIA.

**WHAT TO PURCHASE AT PHARMACY:**

**Miralax 238 grams (8.3 oz bottle)**

**64 oz bottle of regular or sugar free gatorade (no red, orange, or purple)**

**Dulcolax laxative tablets**

**We also suggest diaper cream**

Two days prior to the procedure: Follow a low residue diet. Avoid all raw fruits and vegetables. Avoid all leafy, green vegetables. No foods that contain seeds or hulls.

Follow these instructions carefully one day prior to procedure:

1. Drink clear liquids only. ABSOLUTELY NO SOLID FOODS. You can have apple juice or white grape juice, no pulp. Water, clear broth, coffee or tea without milk or cream. Gatorade, Sprite, ginger ale, kool aid (no red, orange, purple), jello or water popsicles (no red, orange, purple).
2. At 3:00pm, take 4 Dulcolax tablets with a glass of water.
3. At 5:00pm, mix 238 grams of Miralax in 64 oz. of Gatorade. Stir until 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 the prep a few hours earlier.
4. You can continue clear liquids until bedtime.
5. DO NOT EAT OR DRINK AFTER MIDNIGHT.

On the day of procedure: Do not eat or drink anything. If you must take a medication, do so with a small sip of water. You must have someone to drive you for the first 24 hours after the procedure. BRING SOMEONE WITH YOU TO DRIVE YOU HOME. THEY MUST STAY THE ENTIRE PROCEDURE. Please go to the GI Center at your arrival time. The GI Center is located across from Professional Office 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.**