

ALABAMA COLON & RECTAL INSTITUTE, P.C.

A PROFESSIONAL CORPORATION

1317 4TH Ave S
Birmingham, AL 35233
(205) 458-5000
www.acripc.com



COLONOSCOPY PREPARATION INSTRUCTIONS

NAME OF PATIENT: _____ MR#: _____

DATE OF PROCEDURE: _____ / _____ / _____

CHECK - IN TIME: _____ A.M.

If you have any questions,
please do not hesitate
to contact your
Scheduler: _____
@ 205-458-5000

***Your procedure time is subject to change, so be prepared to arrive earlier if requested ***

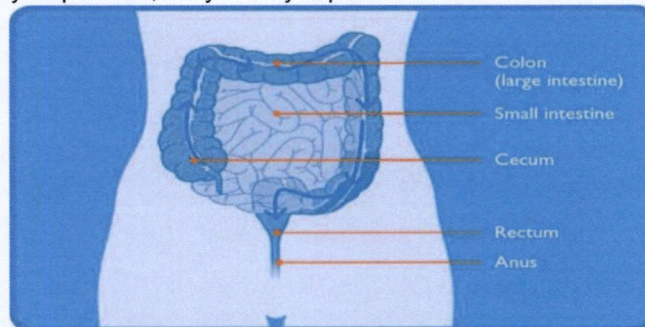
Due to your anesthetic needs for your procedure; our transportation policy requires a responsible adult of your choice to remain on the property during the **full time (approximately 90 mins) of your procedure and escort you home. Public transportation or taxicabs are **NOT ALLOWED** unless you are accompanied by a responsible adult. There are no exceptions to this policy.

Please read the following so that you understand the procedure you are about to have:

You are to have an examination of your lower gastrointestinal tract (colon). The procedure is performed with a flexible tube (colonoscope) that will be placed into your rectum in order to examine your colon in detail. Tissue may be sampled (biopsy), polyps may be removed, and bleeding sites may be treated to stop bleeding. You will receive sedatives through an intravenous (i.v.) line. Our goal is to perform your colonoscopy as comfortably and safely as possible, but you may experience some mild discomfort.

Bowel Preparation

Understanding the Bowel Prep



Before Your Colonoscopy

Before your colonoscopy, you will need to take a bowel prep. A bowel prep will prepare your colon for viewing by removing solid waste from your digestive tract. In other words, it causes episodes of diarrhea occurring over several hours, so that the colon is empty at the time of your colonoscopy and the doctor can see the lining of the colon clearly.

Materials You Need: (materials may vary per patient)

- 4 Dulcolax laxative tablets (orange pills)
- 1 **whole** bottle Miralax 238 grams (or Polyethylene Glycol 255 grams)
- 1 bottle Magnesium Citrate 10 oz. (clear flavoring only)
- 64 oz. of liquid to mix with **whole** bottle of Miralax (**nothing red, blue, or purple** in color, nothing carbonated or too sugary)

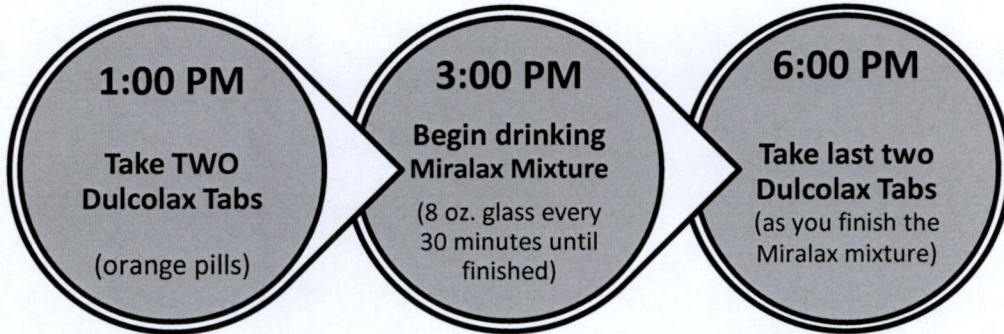
REMEMBER: STAY HYDRATED!

The prep process removes a lot of water from your body. It is vital that you stay hydrated. Try drinking additional water or Gatorade throughout the day.



___ / ___ / ___

RECOMMENDED TIME SCHEDULE



****NO LIQUIDS, GUM, CANDY, OR TOBACCO AFTER MIDNIGHT****

IF YOU EAT OR DRINK ON THE MORNING OF THE PROCEDURE, YOUR PROCEDURE WILL BE CANCELLED. YOU MAY TAKE A.M. MEDICINE WITH A SIP OF WATER.

*If you were instructed to take **Magnesium Citrate**, take it at this time: _____ p.m.

DIETARY RESTRICTIONS

(none of these after midnight, though!)

NO

- alcoholic beverages
- dairy products
- ensure or slim-fast
- no red liquids, no purple liquids, no blue liquids
- absolutely **NO FOOD PARTICLES**

YES

- tea
- water
- coffee (no milk/cream)
- chicken/beef/vegetable broth
- yellow/green/peach/orange Jell-O
- apple/white grape/white cranberry juice
- Gatorade (no red, purple, or blue)
- soft drinks
- banana popsicles

*If you begin to feel nauseated or full during the preparation, you may stop drinking for a short time. Then resume drinking in smaller quantities and wait 15-20 minutes between glasses.
It is essential to complete your entire prep!

STAY HYDRATED!
Drink additional glasses of water throughout your prepping process to help keep you hydrated.



THE FOLLOWING GUIDELINES MAY NOT APPLY TO ALL PATIENTS

STOP	14 DAYS BEFORE PROCEDURE	<ul style="list-style-type: none"> • NO AGGRENOX
STOP	7 DAYS BEFORE PROCEDURE	<ul style="list-style-type: none"> • NO PLAVIX • NO PLETAL • NO EFFIENT • NO VITAMIN E • NO HERBAL SUPPLEMENTS (FISH OIL, GARLIC, GINKO, BILOBA, ETC.)
STOP	5 DAYS BEFORE PROCEDURE	<ul style="list-style-type: none"> • NO CELEBREX • NO VIOXX MOBIC • NO COUMADIN • NO WARFARIN • NO ASPIRIN • NO IBUPROFEN • you may take TYLENOL for pain/discomfort • begin avoiding corn, beans, and nuts in your diet
STOP	2 DAYS BEFORE PROCEDURE	<ul style="list-style-type: none"> • NO PRADAXA • NO XARELTO • NO ELIQUIS

THE DAY BEFORE COLONOSCOPY	<ul style="list-style-type: none"> • clear liquid diet ALL DAY (see next page) • Mix 64 oz liquid of choice (no red, blue, or purple) with one whole bottle of Miralax. Shake or stir until dissolved. • perform your colon preparation (see next page) • TIP: coat your bottom with desitin, aquaphor, or vaseline to prevent rawness and irritation***
THE MORNING OF COLONOSCOPY	<ul style="list-style-type: none"> • Take heart, blood pressure, seizure, reflux and/or breathing medication(s) (if these apply to you) • BRING SOCKS • bring anesthesia sheet and medication list • no valuables • no jewelry • no hair pins/clips • NO perfumes, colognes or strong scents (deodorant is OK)
AFTER YOUR COLONOSCOPY	<ul style="list-style-type: none"> • -NO driving, -NO operating machinery, and -NO legal decisions for the remainder of your day • you will receive diet and medication instructions by your physician • you are to return to work the day after your procedure unless stated otherwise*

Alabama Colon & Rectal Institute, P.C.
 is not responsible for any lost or stolen personal items.



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Colonoscopy Quick Guide

DAY BEFORE COLONOSCOPY

- EARLY AM: MIX ALL THE MIRALAX (POLYETHYLENE GLYCOL) POWDER WITH 64oz OF LIQUID.
- ALL DAY: CLEAR LIQUID DIET UNTIL MIDNIGHT.
- 1:00PM: TAKE 2 DULCOLAX PILLS.
- 3:00PM: START DRINKING 1 CUP (8oz) OF MIRALAX MIXTURE EVERY 30 MINS (8 CUPS TOTAL).
- 6:00PM: TAKE 2 DULCOLAX PILLS.
- 12:00AM: DO NOT INGEST ANYTHING BY MOUTH AFTER MIDNIGHT UNTIL AFTER COLONOSCOPY.