



Two-Day Colonoscopy Bowel Prep Instructions

Appointment Date: _____ **Appointment Time:** _____

NOTE: Please read ALL instructions and precautions carefully

If you have any questions, please call our office at (205) 933-0960

Blood thinner precaution:

If you take any blood thinners such as coumadin, warfarin, Xarelto, Plavix, or Eliquis, please call our office at least two weeks in advance. You must come off your blood thinners prior to your procedure and will need doctor approval. You do not need to stop low dose aspirin.

GLP-1 precaution:

If you take a GLP-1 medication such as ozempic, rebelysis, wegovy, mounjaru, zepbound, or compounded semaglutide, you will need to hold your dose one week prior to your procedure. Failure to do so may result in cancellation of procedure or the need for a more involved anesthesia.

Three days before your procedure:

- Follow a low-residue diet.
 - Avoid all raw fruits and vegetables.
 - Avoid all leafy, green vegetables.
 - Avoid foods that contain seeds or hulls.
- Purchase the following from your pharmacy:
 - Two 8.3 oz bottles of Miralax
 - Two 64 oz Gatorades regular or sugar-free (avoid red, orange, or purple colors)
 - Dulcolax laxative tablets
 - Diaper cream (optional, but encouraged)

Two days before your procedure:

- Follow a strict liquid-only diet.
- Allowed liquids and semi-solids:
 - Water
 - Coffee (without milk or cream)
 - Tea (without milk or cream)
 - Apple juice (no pulp)
 - White grape juice (no pulp)
 - Clear broth
 - Sprite
 - Ginger ale
 - Gatorade (no red, orange, or purple)
 - Kool-aid (no red, orange, or purple)
 - Jello (no red, orange, or purple)
 - Water popsicles (no red, orange, or purple)
- At 3:00 pm take 4 Dulcolax tablets with a glass of water.
- At 5:00 pm, mix 238 grams (8.3 oz) Miralax in 64 oz of Gatorade and stir until dissolved. Drink 8 oz of the mixture every 10-15 minutes until it is gone. If you do not think you can drink 8 oz every 10-15 minutes, start the prep a few hours earlier.

One day before your procedure:

- Repeat the clear liquid diet from the previous day.
- Repeat the colon prep from the previous day.
- **Do not eat or drink anything after midnight on the day of your procedure. If you must take a medication the morning of your procedure, you may do so with a small sip of water.**

The day of your procedure:

- You must bring a driver with you to the procedure. They must remain on-site for the entire procedure.
- Please go to the GI Center at your arrival time. The GI Center is located across from Professional Office Building 3.

Please Note:

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 can be rescheduled.