



995 9<sup>th</sup> Avenue Southwest, Bessemer, AL 35022  
GI Office: (205) 481-7384 GI Scheduling: (205) 481-8424  
GI Lab: (205) 481-7325 GI Registration: (205) 481-8898

## COLONOSCOPY

Medical West GI/Endoscopy Lab is located on 2<sup>nd</sup> floor of the Medical West POB. (This is the building with Cafeteria, Subway and Gift Shop.)

***Please read these instructions carefully as soon as you receive them. If you need to reschedule your procedure, please call (205) 481-8424. We ask that you give at least 72 hours' notice for rescheduling or cancellation.***

### Medication Instructions

**1. Discontinue Blood Thinners**

You will likely need to stop the following blood thinners/anticoagulants prior to your procedure. Contact your prescribing physician for approval before stopping any of these medications. Call our office ahead of time if you are unable to hold your blood thinner.

**7 days:** Effient

**5 days:** Coumadin (warfarin), Brilinta, Plavix, Aspirin, Aggrenox

**3 days:** Eliquis, Xarelto, Savaysa, Pradaxa

**2. Discontinue Iron-Containing Medications 7 days before test.**

**3. Notify our office if you:**

- Have kidney disease
- Are on diabetes medication
- Have an internal defibrillator

### Several Days Before Procedure

OBTAIN AT PHARMACY (Over the Counter)

1. 5 Tablet pack of Dulcolax (Bisacodyl), each 5 mg
2. Miralax, 238-gram container
3. 64 oz. Gatorade or Powerade (no red or purple) *\*If you are diabetic, use G2 or Powerade Zero*

### 3 Days Before Procedure

Please call GI Registration (205) 481-8898 to preregister for your procedure. Leave a message if needed and a registrar will return your call. If you have not preregistered, this can be done at check-in, but may delay your appointment.

Monday through Friday 7:00 am – 3:30 pm

*Please have the following available:*

1. Name/Date of Birth/Next of kin
2. Social Security Number
3. Current Address
4. Insurance information
5. Retirement Date, if applicable
6. Medications Taken Regularly / Known Allergies

### 1 Day Before Procedure

ALL DAY: Clear Liquid Diet ONLY

- NO solid or soft food
- NO milk or other dairy products
- NO alcohol

- Please AVOID red or purple liquids
- Clear liquids are those you can “see through”:  
Water, fruit juice (no pulp), apple or white grape juice, tea/coffee without milk or creamer, clear chicken or beef broth, carbonated soft drinks, lemonade, Kool-Aid or Crystal Light, plain Jell-O (no fruit), ice popsicles, hard candy.  
**Diabetics: Sugar-free clear liquids unless your blood sugar is low.**
- Drink as much liquid as possible throughout the day. Nothing by mouth after 12 AM.
- Please follow instructions below exactly. If you fail to do a thorough clean out with your preparation at home, then despite his/her best efforts, your GI doctor will not be able to perform a high-quality examination.

## 2:00PM (or earlier if you are able)

Take 2 Dulcolax laxative tablets with 8 oz. of water.

- Do not crush or chew tablets.
- Do not take within one hour of taking an antacid.
- You may or may not have a bowel movement after taking these tablets. They will help to soften the stool when you start drinking the solution.

## 4:00pm (or 2 hours after you take Dulcolax tablets)

1. Mix the entire 238-gram bottle of Miralax into 64 oz. of Gatorade/Powerade or other clear liquid. Shake or stir until dissolved. *\*If you are diabetic, use G2, Powerade Zero, or other sugar-free clear liquid.*
2. Drink 8 oz. of the solution every 15 minutes until it is gone. For the best results, the prep should be completed within two hours. You may drink other clear liquids until midnight.

If you become nauseated while drinking the prep, stop for 30-45 minutes. Drink a liquid such as ginger ale to settle the nausea, then resume the prep.

Please remain within easy reach of toilet facilities. Everyone is different, so your bowels may begin to move within 30 minutes, or it could take several hours before you see results from your colon prep.

You may experience some nausea and abdominal discomfort. This should improve as your bowels move. If your symptoms become severe, stop the prep and notify our office immediately or go to the nearest emergency room.

## Day of Your Procedure

DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR COLONOSCOPY.

No tobacco products including cigarettes, electronic cigarettes, vapes, or smokeless tobacco.

No chewing gum or candy the day of the test.

If you take blood pressure, breathing, or heart medications, you may take them with a small sip of water at least 2 hours before your appointment time.

**Diabetics: Please check your blood sugar the morning of your procedure.** Diabetes medications, including insulin, may not be needed until your procedure is over. If your blood sugar is over 220 the morning of your procedure, please call the GI Lab at (205) 481-7325.

### Please Bring to Your Appointment:

1. Current driver's license or nondriver's ID.
2. Insurance card
3. Copay required by your insurance
4. LIST of current medications/dosages. (We are not responsible for any medications brought to appointment.)
5. List of any known allergies to medications, etc.
6. Copy of any living will or advance directive.
7. Dentures, partials, glasses, contact lenses and hearing aids may be worn to the hospital. Please leave all valuables (jewelry, money, etc.) at home.
8. You **MUST** have a responsible adult to accompany you to the GI Lab, wait there during the procedure, and drive you home after you are discharged. **YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE A DRIVER PRESENT.**

## At the Hospital

1. You will need to arrive at the hospital 30 minutes prior to your procedure time. You may go directly to the GI Lab to check-in. The GI Lab is located on the 2<sup>nd</sup> floor of the POB #1, and can be reached at (205) 481-7325.

2. The nurse will admit you to a holding room to prepare you for the procedure. This includes taking a detailed history, providing a gown for your procedure, and starting an IV.
3. You will be transported to the procedure room where your gastroenterologist will speak with you before colonoscopy is performed. Please tell the doctor before your procedure if you do not want your driver to know the results.
4. After your colonoscopy, you will be taken to the recovery area where your driver and/or family will join you as you wake up from sedation.
5. Unless you have requested otherwise before your colonoscopy, your gastroenterologist will talk with you and your driver together about the results of your test.
6. Once you have recovered enough to be safely transported home, you will be discharged in the care of your driver.

### **What is a Colonoscopy?**

Colonoscopy is a medical procedure during which a small camera on the end of a thin, flexible tube is used by a specially trained physician to examine the lining of the colon and sometimes the last portion of the small intestine. Patients are typically sedated for this test.

### **Why do I need this test?**

There are a wide variety of reasons that your physician may have recommended that you undergo colonoscopy. The most common indication is for colon cancer screening. Other examples include the evaluation of abdominal pain, diarrhea, change in bowel habits, gastrointestinal bleeding, anemia, or low iron levels.

### **What are the risks?**

Complications of colonoscopy are actually quite rare, but as with all medical procedures, someone should always explain what complications are possible. The risks of colonoscopy include bleeding, perforation, missed lesions, heart/lung complications from sedation, or other unpredictable events. Your gastroenterologist would be happy to discuss further questions you might have before beginning your colonoscopy.