

# UAB MEDICAL WEST

Location: UAB Medical West Hospital - GI Lab  
5000 Medical West Way, Bessemer, AL 35022  
Medical Office Building (MOB)  
Take the MOB elevators to the 2<sup>nd</sup> Floor / Wild Hyacinth Level  
Please check-in at Surgery Registration

## COLONOSCOPY

**\* Please be advised \***

You must notify our office by phone if you are unable to attend your procedure appointment. No shows will be required to attend a visit to our clinic in order to be rescheduled.

To reschedule or cancel your procedure, we request that you call our GI Scheduling line (205) 481-8424 at least 72 hours in advance.

### Medication Instructions:

- **Discontinue Blood Thinners**
- You will likely need to stop the following blood thinner/anticoagulants prior to your procedure. Contact your prescribing physician for approval before stopping any of these medication:
  - Stop 7 days before procedure - Effient
  - Stop 5 days before procedure - Aspirin, Coumadin (Warfarin), Aggrenox, Brilinta, Plavix
  - Stop 3 days before procedure - Eliquis, Pradaxa, Xarelto, Savaysa
  - **\*\*Call our office ahead of time if you have been advised by the prescribing physician not to stop your blood thinner.\*\***
  - **Discontinue Iron-Containing Medications 7 days before the test.**
  - **Discontinue GLP-1 injections (not oral) for diabetes or weight loss 7 days before test. (Semaglutide, Tirzepatide, Dulaglutide, Albiglutide, Trulicity, Ozempic, Wegovy, Mounjaro, Zepbound)**
- **Notify our office if you:**
  - Have kidney disease
  - Are on diabetes medication
  - Have an internal defibrillator

### Purchase these items 3-5 days before your procedure:

- OBTAIN AT PHARMACY (No prescription is necessary)
  1. Miralax 238 grams.
  2. 5-tablet pack of Dulcolax laxative (Bisacodyl), each 5mg
  3. 64oz Gatorade or Powerade (no red or purple drinks)
- \*If you are diabetic, use G2 or Powerade Zero

### ONE (1) DAY BEFORE PROCEDURE:

#### **ALL DAY: Clear liquid diet ONLY. NO solid food or soft food.**

- NO milk or other dairy products.
- NO alcohol.
- 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 (no purple or red), plain Jello (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 midnight (12AM).

- Please follow the instructions below exactly. If you fail to achieve a thorough clean out with your preparation at home, your GI doctor will not be able to perform a high-quality examination despite his/her best efforts.

**2:00 pm (or earlier if you are able):**

Take two (2) Dulcolax laxative tablets with 8 oz. of water.

- Do not chew or crush tablets.
- Do not take within one (1) hour of taking any 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.

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

- Mix the entire 238 grams of Miralax in 64 oz. of Gatorade or other clear liquid.
- Shake until dissolved.
- Drink 8 oz. every 15 minutes until the solution is gone.
- **\*\*For best results, the prep should be completed within two (2) hours. You may drink other clear liquids until midnight. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

**\*\*NOTE:**

- Please remain within easy reach of toilet facilities. Your bowels may begin to move within 30 minutes to a few hours after beginning the prep. You may experience some nausea and abdominal discomfort. This should become more comfortable as you continue to have bowel movements.
- If you become nauseated, stop for 30-45 minutes. Drink a liquid such as Ginger Ale to settle the nausea, then resume the prep.
- If symptoms should become severe, stop the prep and notify our office immediately or go to the nearest emergency room.

**DAY OF 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 hard candy the day of the test.

If you take blood pressure, heart, or breathing 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 our blood sugar is over 220 the morning of your procedure, please call the GI Lab at (205)481-7325.

**WHAT TO BRING WITH YOU:**

- Current driver's license or other photo ID.
- Insurance card.
- Any copayment required by your insurance.
- Copy of any living will or advance directive. (Optional)
- Bring a LIST of all your medications with dosages. (We are not responsible for any medications brought to appointment.)
- List of any known allergies to medications, etc.
- If you wear dentures, bridges, contact lenses, hearing aids, you may wear them to the hospital. Leave all valuables (jewelry, etc.) at home.

**IMPORTANT:**

You must have a responsible adult 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 someone present in the waiting room to drive you home.**

**At the Hospital:**

- You will need to arrive at the hospital 30 minutes prior to your procedure time.
- Check in for your GI Lab procedure at Surgery Registration on the 2nd floor / Wild Hyacinth Level of the Medical Office Building (MOB)
- 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.
- You will be transported to the procedure room where your gastroenterologist will speak with you before the colonoscopy is performed.
- 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.
- Unless you have requested otherwise before your colonoscopy, your gastroenterologist will talk with you and your driver together about the results of your test.
- Once you have recovered enough to be safely transported home, you will be discharged in the care of your driver. Please tell the doctor before if you do not want your driver to know the results.

**What is a Colonoscopy?**

A 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 a 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.