



SOUTHEASTERN GASTROENTEROLOGY

2-DAY COLONOSCOPY PREP INSTRUCTIONS

TO ENSURE A SUCCESSFUL PROCEDURE, PLEASE FOLLOW ALL INSTRUCTIONS ON THIS SHEET CAREFULLY. FAILURE TO DO SO COULD RESULT IN YOUR PROCEDURE BEING POSTPONED OR CANCELLED.

PLEASE NOTIFY OUR OFFICE IF YOU HAVE ANY OF THE FOLLOWING AFTER YOUR OFFICE VISIT AND PRIOR TO YOUR PROCEDURE DATE: HEART PROBLEMS/CARDIAC EVENTS, LUNG PROBLEMS, PENDING WORKUPS WITH CARDIOLOGY AND/OR PULMONOLOGY.

WHAT TO PURCHASE:	5 DAYS BEFORE YOUR COLONOSCOPY	1 DAY BEFORE YOUR COLONOSCOPY	THE DAY OF YOUR COLONOSCOPY
<ul style="list-style-type: none"> • DULCOLAX LAXATIVE: TABLETS (NEED 4 TABLETS FOR PREP) • MIRALAX: 8.3 OZ BOTTLE (NEED 1 BOTTLE FOR PREP) • GATORADE: 64 OZ LIGHT COLORED (NO RED OR PURPLE). • MAGNESIUM CITRATE: 10 OZ BOTTLE (NEED 1 BOTTLE LEMON FLAVOR, NOT RED) • PETROLEUM JELLY, A&D OINTMENT, OR DESITIN OINTMENT/CREAM (TO PROTECT ANORECTAL SKIN DURING PREP PROCESS) 	<ul style="list-style-type: none"> • STOP TAKING THE FOLLOWING MEDICATIONS AND/OR SUPPLEMENTS: <ul style="list-style-type: none"> ◦ IBUPROFEN, MOTRIN, ALEVE, AND <u>ALL ANTI-INFLAMMATORY MEDICATIONS</u> ◦ FIBER SUPPLEMENTS • STOP EATING: <ul style="list-style-type: none"> ◦ HIGH FIBER FOODS ◦ CORN, NUTS, SEEDS, OR POPCORN 	<ul style="list-style-type: none"> • CONTINUE CLEAR LIQUID DIET FROM DAY BEFORE • AT 4:00PM: TAKE 4 DULCOLAX TABLETS/PILLS • AT 6:00PM: MIX 8.3 OZ OF MIRALAX WITH 64 OZ OF GATORADE. SHAKE SOLUTION UNTIL MIRALAX IS DISSOLVED. DRINK 1/2 THE MIXTURE. • AT 9:00PM: DRINK THE OTHER 1/2 OF THE MIRALAX MIXTURE. • YOU MAY CONTINUE WITH CLEAR LIQUIDS UNTIL 12:00AM/MIDNIGHT • 12:00AM/MIDNIGHT: NOTHING MORE TO EAT OR DRINK (NPO). NO GUM, NO SMOKING, NO VAPING, NO NICOTINE PRODUCTS OF ANY KIND. • NOTES: <ul style="list-style-type: none"> ◦ FINISH THE <u>ENTIRE</u> PREP SOLUTION. ◦ PLAN TO STAY NEAR YOUR RESTROOM UNTIL YOUR PREP IS COMPLETE. ◦ YOU WILL KNOW IT IS COMPLETE WHEN YOUR STOOL IS WATERY AND YELLOW TO CLEAR IN COLOR. 	<ul style="list-style-type: none"> • IF YOU TAKE BLOOD PRESSURE, REFLUX/GERD, OR SEIZURE MEDICATIONS, TAKE THEM WITH A SIP OF WATER. NO OTHER MEDICATION UNTIL AFTER THE PROCEDURE. • NO DRIVING: YOU MUST HAVE SOMEONE WITH YOU ALL DAY AND THEY MUST DRIVE YOU TO AND FROM THE FACILITY. • WEAR COMFORTABLE CLOTHES THAT ARE EASY TO DRESS/ UNDESS • WEAR SHOES THAT ARE EASY TO GET ON/ OFF • BRING PHOTO ID AND INSURANCE CARD • YOU CAN HAVE YOUR CELL PHONE, BUT WE MAY ASK THAT IT BE TURNED OFF DURING THE PROCEDURE • LEAVE ALL JEWELRY AND VALUABLES AT HOME • <u>BRING ALL YOUR MEDICATIONS IN THEIR BOTTLES</u> <p>ARRIVE AT THE FACILITY:</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>-----</p> <p>AT THIS TIME:</p> <p>____:____ AM/PM</p>
1 WEEK BEFORE YOUR COLONOSCOPY	2 DAYS BEFORE YOUR COLONOSCOPY		
<ul style="list-style-type: none"> • READ <u>ALL</u> PREP INSTRUCTIONS • STOP TAKING THE FOLLOWING MEDICATIONS AND/OR SUPPLEMENTS: <ul style="list-style-type: none"> ◦ <u>IRON</u> AND ALL VITAMINS CONTAINING IRON ◦ <u>GLP-1 AGONISTS</u>, <u>SUCH AS:</u> OZEMPIC, RYBELSUS, WEGOVY, MOUNJARO, ADLYXIN, VICTOZA, BYDUREON, BYETTA, OR TRULICITY • <u>CONTACT OUR OFFICE OR YOUR PRESCRIBING PROVIDER FOR INSTRUCTIONS ON BLOOD THINNERS</u> 	<ul style="list-style-type: none"> • START A CLEAR LIQUID DIET (SEE LIST BELOW): <ul style="list-style-type: none"> ◦ SOUPS: CLEAR BOUILLON, BROTH, CONSOMME ◦ BEVERAGES: TEA, COFFEE (NO MILK, CREAM, OR CREAMER), KOOL-AID (NO RED/PURPLE), CLEAR SODA, SELTZER ◦ JUICES: WHITE CRANBERRY, APPLE, WHITE GRAPE, STRAINED LEMONADE OR LIMEADE, ORANGE JUICE (NO PULP) ◦ DESSERT: WATER ICES, ITALIAN ICE (NO RED OR PURPLE), POPSICLES (NO RED OR PURPLE), OR JELLO (NO RED OR PURPLE) • NO SOLID FOODS, NO ALCOHOL, NOTHING RED OR PURPLE IN COLOR • AT 9:00 PM: DRINK ONE 10 OZ BOTTLE OF MAGNESIUM CITRATE AND CONTINUE CLEAR LIQUIDS. 		

SEE FLIPSIDE OF THIS DOCUMENT FOR ADDITIONAL, IMPORTANT INFORMATION



IMPORTANT FACTS AND FREQUENTLY ASKED QUESTIONS

QUESTION(S):	ANSWER(S):
<p>Q. WHAT SHOULD I DO IF I TAKE A BLOOD THINNER MEDICATION? I.E.: COUMADIN, PLAVIX, XARELTO, ELIQUIS, ETC.</p>	<p>A. LET YOUR GASTROENTEROLOGIST OR A NURSE AT SGI KNOW WHICH BLOOD THINNER MEDICATION YOU TAKE AND WHICH DOCTOR PRESCRIBES THE MEDICATION. SGI WILL GET A CLEARANCE LETTER AND CALL YOU TO REVIEW WHEN TO HOLD THE BLOOD THINNER BEFORE YOUR PROCEDURE.</p>
<p>Q. WHAT SHOULD I DO IF I HAVE DIABETES?</p>	<p>A. ASK FOR DIABETIC PREP INSTRUCTIONS WHEN YOU SCHEDULE YOUR PROCEDURE, OR CALL SGI AND TALK TO A NURSE OR SCHEDULER TO REQUEST DIABETIC INSTRUCTIONS FOR YOUR PROCEDURE.</p>
<p>Q. WHO DO I CALL IF I NEED TO CANCEL OR RESCHEDULE MY PROCEDURE?</p>	<p>A. CALL SGI AT 706-655-8800, EXTENSION 308 OR 301 AND SPEAK TO A PROCEDURE SCHEDULER. PLEASE NOTIFY US AT LEAST 3 BUSINESS DAYS IN ADVANCE TO AVOID A LATE-NOTICE FEE.</p>
<p>Q. SHOULD I CALL SOUTHEASTERN GASTROENTEROLOGY IF I GO TO THE ER BEFORE MY PROCEDURE DATE?</p>	<p>A. YES! CALL SGI AND SPEAK TO A NURSE TO NOTIFY THE PROVIDER OF ANY CHANGES IN YOUR STATUS, SYMPTOMS, MEDICATIONS, OR OVERALL HEALTH PRIOR TO YOUR PROCEDURE. THIS HELPS US PREVENT LAST MINUTE CANCELLATION OF YOUR PROCEDURE(S).</p>
<p>Q. WHAT HAPPENS AFTER MY PROCEDURE IS SCHEDULED?</p>	<p>A. YOU WILL RECEIVE A REMINDER CALL FROM SOUTHEASTERN GASTROENTEROLOGY (SGI) 2-3 DAYS PRIOR TO YOUR PROCEDURE TO REVIEW YOUR PREP INSTRUCTIONS, MEDICATION HOLDING REQUIREMENTS, AND REVIEW WHERE TO GO AND WHAT TIME TO ARRIVE FOR YOUR PROCEDURE.</p>

YOUR COLON PREP SUPPLIES SHOULD BE...



YOUR STOOL RESULTS SHOULD BE...

