

3400 Independence Drive
Homewood, AL 32209
Office: 205-933-1199 **Cheryl Ext. #5**
Fax: 205-212-5585



Brian Guffin, MD, FACS, FASCRS
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2 DAY BOWEL PREP FOR COLONOSCOPY

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery or a procedure. Please read through all instructions carefully. You will begin the prep the day before your scheduled procedure.

To Prepare:

- Tell your doctor if you have diabetes or take blood thinners. You may need to stop some of your medications a few days prior to your procedure.
- Ask your doctor if you should take any of your medications the morning of your procedure. If so, take with sip of water only.
- One week before your test, DO NOT:
 - Take aspirin products or iron tablets
 - Take fiber supplements like Metamucil, Citrucel, or fiberall
 - Eat popcorn or any type of corn
- You will need to get these items from your pharmacy (generic or store brand is ok to use too)
 - MiraLAX (8.3 ounce or 238 grams)
 - 2 dulcolax or bisacodyl tablets (5mg)
 - 4 oz. of Milk of Magnesium
- Buy a large bottle 64 oz. of sports drink, such as Gatorade. If you have diabetes, buy a no or low-calorie drink such as, Crystal Light, instead. This will be used to mix your MiraLAX the day before your procedure. DO NOT USE CARBONATED BEVERAGES.
- Arrange to have an adult bring you to your appointment and take you home after test. (They must stay there the entire time).

2 days before your procedure:

- At 4:00 PM drink 4oz of Milk of magnesium. After this you will be on clear liquids only.

The day before your procedure:

- Drink only clear liquids. Avoid all red and purple colored liquids. DO NOT eat any solid food or milk products. (Clear liquids include: water, strained fruit juice-no pulp, popsicles, ice, soft drinks, Gatorade, clear broth or bouillon, Jell-O, Kool-Aid, coffee-no milk or creamer, and tea.)
- Follow the schedule in the table on the next page for your bowel prep. You may need to get to the toilet urgently and you will have many bowel movements through the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluids with no flecks of stool.

NO ASPIRIN, IBUPROFEN, COUMADIN, PLAVIX, OR ANY TYPE OF BLOOD THINNERS 5 DAYS BEFORE YOUR PROCEDURE UNLESS INSTRUCTED OTHERWISE.



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2 days before 4:00 PM	Drink 4oz of milk of magnesium Start on clear liquids only.
1 day before 1:00 PM	Take the 2 Dulcolax tablets with a drink of clear liquids. Mix the entire bottle of MiraLAX in a 64 ounce bottle/jug with Gatorade or any clear liquid you choose. Most people prefer the liquid chilled, so you may want to place it in the refrigerator.
1 day before 2:00 PM- 6:00 PM	Begin drinking the mixture. Drink 4 ounces every 15 minutes. Finish drinking the liquids within 4 hours. Be sure to drink all of the mixture. If you begin to feel full or nauseous after a few glasses, it is ok to slow down some. If you need to take longer than 4 hours that is ok.
1 day before 12:00 midnight	Do NOT eat or drink anything after 12 midnight. You may gargle but do not swallow any liquid. Do NOT smoke after midnight.

We require a 72-hour notice for all surgery cancellations.

Or you will be charged a fee of \$300 and it must be paid before rescheduling.

The morning of the colonoscopy:

- Do NOT eat or drink anything until your procedure is done.
- If you are to take your morning medications, take only heart/blood pressure meds with a sip of water only.
- Bring all of your medications with you to hospital or surgery center.
- You will need to have an adult with you to take you home after your procedure. You will not be able to leave by yourself.
- Expect there to be 2-4 hours for your procedure and recovery time

Please call the office at 205-933-1199 with any questions.

FACILITY: _____ MD: _____

DATE: _____ ARRIVAL TIME: _____

St Vincent's Hospital
 St. Vincent's GI Endoscopy Center
 810 St. Vincent's Drive
 Bham, Al 35205

Birmingham Surgery Center
 2621 19th Street South
 Homewood, Al 35209

Princeton Main Hospital
 701 Princeton Ave. SW
 Birmingham, Al 35211
 Main Entrance of Hospital

St. Vincent's East
 Building #46
 50 Medical Park Dr. E
 Birmingham, Al 35235

Procedure Time @ _____