



3400 Independence Drive
Homewood, AL 32209
Office: 205-933-1199
Fax: 205-212-5585

Brian Guffin, MD, FACS, FASCRS
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Clear Liquids the day before no food.

Cheryl Ext. #5

MIRALAX AND DULCOLAX 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.

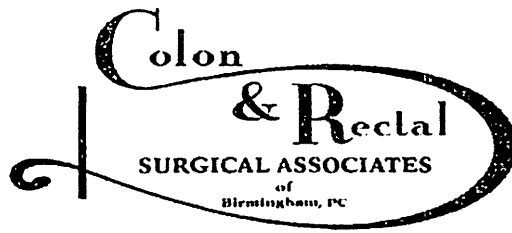
To Prepare:

- 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)
- 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).

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, ELIQUIS OR ANY TYPE OF BLOOD THINNERS 5 DAYS BEFORE YOUR PROCEDURE UNLESS INSTRUCTED OTHERWISE.



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1:00 PM	<p>Take the 2 Dulcolax tablets with a drink of clear liquids.</p> <p>Mix the <u>entire</u> 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.</p>
2:00-6:00 pm	<p>Begin drinking the mixture. Try to finish drinking the liquids within 4 hours. Be sure to drink all the mixture. Do not drink too quickly. If you begin to feel full or nauseated after a few glasses, it is ok to slow down. If you need to take longer than 4 hours that is ok.</p>
12:00 midnight	<p>Do NOT eat or drink anything after 12 midnight. You may gargle but do not swallow any liquid. Do NOT smoke or use tobacco products after midnight.</p>

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: **GUFFIN** _____

DATE: _____ ARRIVAL TIME: _____

Procedure @ _____

St. Vincent's Hospital
 St. Vincent's GI Endoscopy Center
 810 St. Vincent's Drive
 Birmingham, AL 35205

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

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