

Arrival at the Hospital

- You will need to arrive at the hospital one (1) hour prior to your procedure.
- If you wear dentures, bridges, contact lenses or hearing aids, you may wear them to the hospital.
- Leave all valuables (jewelry, etc.) at home.
- You **MUST** have a responsible adult present during your procedure **AND** available to drive you home after you are discharged. You will be sedated and will not be able to drive.

WHAT TO BRING

1. Current driver's license or other ID
2. Insurance card
3. Copy of any living will or advance directive
4. Any copayment required by your insurance
5. List of medications you are currently taking, WITH DOSAGES
6. A list of any known allergies

HAVE THE FOLLOWING AVAILABLE

Patient Name / Date of Birth
Social Security Number
Current Address
Retirement Date
Insurance Information
Next of Kin

Additional information not listed may be requested depending upon your insurance. If you do not have insurance or if you have questions regarding billing and payment, please contact our office.

Parking

Valet Parking (\$7.00) is available at the hospital Main Entrance off University Blvd.

Self-Parking is available at the Women & Children's Center Deck across from the Main Entrance. There is a covered crosswalk on Level 1 that connects to the Main Hospital. Charges are \$4.00 for 2-24 hours.



Alabama
Digestive
Diseases

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, low iron level, or diarrhea.

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 for colonoscopy include bleeding, perforation, missed lesions, adverse reaction to sedation medications, heart/lung complications, or other unpredictable events. Your gastroenterologist would be happy to discuss any further questions you might have before beginning your colonoscopy.

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Colonoscopy St. Vincent's (Birmingham)

Please read these instructions carefully as soon as you receive them.

If you have any concerns about your ability to safely complete your bowel prep, please contact our office or your primary care physician.

Name _____

Date of Procedure ____/____/____

Arrival Time _____am/pm

Procedure Time _____am/pm

7 Days Before Procedure

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 to let us know if you cannot stop the medication.

7 days—Plavix, Effient

5 days—Aspirin, Coumadin (Warfarin), Aggrenox

3 days—Pradaxa, Xarelto

2. Discontinue Iron-Containing Medications

3. Notify our office if:

- You have kidney disease
- You are on diabetes medication
- You have an internal defibrillator

Several Days Before Procedure

OBTAIN AT PHARMACY (Over the Counter)

1. Miralax Bowel Prep, 238 grams
2. 5-tablet pack of Dulcolax (bisacodyl), each 5 mg.
3. 64 oz. Gatorade or Powerade (no red or purple)

1 Day Before Procedure DIET

Clear liquid diet only (ALL DAY).

Drink as much liquid as possible throughout the day.

- NO solid 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 broth, carbonated soft drinks, lemonade, Kool-Aid, plain Jello, popsicles, hard candy
- Please AVOID red and purple liquids.

1 Day Before Procedure PREP

If you fail to do a thorough job with your preparation at home, then despite his best efforts, your doctor will not be able to perform a high quality examination.
Please follow the instructions below exactly.

2:00 pm

(or earlier if you are able)

Take 4 Dulcolax laxative tablets with 8 oz. of water.

Do not chew or crush tablets.

Do not take within one (1) hour of taking an antacid.

4:00 pm

1. Mix all 238 grams of Miralax in 64 oz. of Gatorade/Powerade or other clear liquid.
2. Shake until dissolved.
3. Drink 8 oz. every 15 min. until the solution is gone. For best results, the prep should be completed within two (2) hours.

Continue drinking clear liquids, as hydration is essential for the safety and efficacy of your prep.

Important Notes About Your Prep

- **Do not eat or drink anything after midnight.**
- Please remain within easy reach of toilet facilities. Your bowels should 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 get nauseated, stop for 30-45 minutes, drink Ginger Ale or something 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 AFTER MIDNIGHT.**
 - **Take ONLY your morning blood pressure, heart, and breathing medications with a small amount of water.**
 - **Postpone insulin injections until after procedure.**
1. The nurse will admit you to a room and prepare you for your procedure. This includes taking a detailed history, starting an IV, and providing a gown for your procedure.
 2. You will be transported to the procedure room where your gastroenterologist will speak with you before your colonoscopy.
 3. After your colonoscopy, you will be taken to the recovery area where your driver and family will join you as you wake up from sedation.
 4. Unless you have requested otherwise before your colonoscopy, your gastroenterologist will talk with you and your driver together about the results of your test.
 5. Once you have recovered enough to be safely transported home, you will be discharged in the