

Dr Page Axley's Colonoscopy Prep Instructions

What you will need to purchase:

4 Dulcolax (Bisacodyl) Laxative Tablets

17.9 oz bottle Miralax

The day before the procedure:

Only clear liquids the whole day (NO SOLID FOODS), including water, tea, coffee (no creamer), clear juice, soda, Jello (without fruit), popsicle, broth, bouillon, Gatroade. Not allowed: milk, creamer, ice cream, orange juice, cream soups, tomato juice, or anything RED.

At 3:00 pm, take 4 Dulcolax Tablets with a large glass of water.

At 4:00 pm, begin mixing a capful of Miralax with 8 oz of water every 10-15 minutes until you complete 12 doses/cups.

Do not drink anything with sugar in it after starting the Miralax. The liquid prep should be sugar free.

If you experience nausea, slow down the intake of the Miralax prep.

Continue drinking fluids until bedtime.

After midnight the day of the procedure:

Nothing by mouth other than prep solution.

5 hrs before your arrival time: begin mixing a capful of Miralax with 8 oz of water every 10-15 min until you complete 12 doses/cups. The 2nd part of the prep needs to be completed no later than 4 hrs before your arrival time. However, if the appointment is scheduled in the afternoon, begin 2nd part of prep at 6 am and be finished by 8 am.

DO NOT TAKE YOUR DIABETIC MEDICATION THE MORNING OF THE PROCEDURE.

If you normally take medication for blood pressure or for your heart, take these as usual with a small sip of water.

Bring a driver with you for your procedure. They will need to remain with you the entire time you are at the hospital.

Arrive one hour before your scheduled time.

Report to Canopy 6 at the rear of the hospital.

Bring a list of your medications including the name, dosage and frequency.

DO NOT SMOKE THE DAY OF YOUR PROCEDURE.

If you take blood thinners (Coumadin, Effient, Pradaxa, Eliquis, Xarelto, Brilinta, or Plavix) you need to stop taking them prior to your test. Check with the doctor who prescribes these medications to make sure it is ok for you to stop your blood thinner. Normal hold times for these medications are: **Eliquis, Pradaxa, Xarelto- 3 days before/Plavix, Effient-7 days before/Brilinta, Coumadin- 5 days before.** If your doctor tells you you cannot stop your blood thinner, call the office (334-745-6271) and notify your doctor's nurse as soon as possible.

If you need to reschedule your procedure please call 334-528-1215.