

Welcome to our practice! We are delighted to have you here. To ensure that your procedure goes smoothly, **PLEASE READ THE FOLLOWING INFORMATION IN ITS ENTIRETY, WHEN YOU RECEIVE YOUR PACKET.**

**Procedure Locations-** Procedures **ARE NOT** performed in our office

- Alabama Digestive Health & Endoscopy Center (ADHEC)**  
Address: 513 Brookwood Blvd, Suite 400, Birmingham, AL 35209
- Grandview Endoscopy Center (Physician's Plaza I)**  
Address: 3686 Grandview Parkway #610., Birmingham, AL, 35243
- Grandview Medical Center**  
3690 Grandview Parkway, 4<sup>th</sup> Floor "Outpatient Surgical Services", Birmingham, AL. 35243
- Outpatient Services East (OSE)**  
**\*FACILITY WILL CALL YOU THE DAY BEFORE WITH THE ARRIVAL TIME\***  
Address: 52 Medical Park Dr E #401, Birmingham, AL 35235
- Prattville Baptist Medical Center (Outpatient Registration)**  
**\*FACILITY WILL CALL YOU THE DAY BEFORE WITH THE ARRIVAL TIME\***  
Address: 124 S. Memorial Dr., Prattville, AL 36067
- Shelby Ambulatory Surgery Center (Located in the Physician's Center)**  
Address: 1010 1<sup>st</sup> Street North #140., Alabaster, AL 35007
- St. Vincent's St. Clair**  
**\*FACILITY WILL CALL YOU THE DAY BEFORE WITH THE ARRIVAL TIME\***  
Address: 7063 Veterans Parkway, Pell City, AL 35125

**Procedure Checklist:**

- Arrange for a driver to stay the duration of your procedure (approximately 2-4 hours)
- Bring your driver's license and insurance card.
- Bring a current list of your medications.
- Do not bring valuables and please remove all jewelry before arriving at the procedure center.
- Please do not wear lotion or perfume.
- Wear comfortable, loose-fitting clothing to your procedure.

## IMPORTANT INFORMATION

-Please contact our office if you take a **blood thinner** and have not been instructed when to hold this medication.

- On the morning of your procedure, you may take your **heart, seizure, blood pressure, and reflux medications** with a **sip of water**.

- **Do not** use any of the following products 6 hours prior to your arrival: **cigarette, dip, or vape**.

- If you currently take or start taking any **GLP-1** medications, orally or by injection, for weight loss or diabetes and have not been instructed when to stop taking them, please contact our office.

<b>DAILY MEDICATIONS</b>	<b>Adlyxin</b> (Lixisenatide)	<b>Byetta</b> (Exenatide)	<b>Rybelsus</b> (Semaglutide)	<b>Saxenda</b> (Liraglutide)	<b>Victoza</b> (Liraglutide)
<b>WEEKLY MEDICATIONS</b>	<b>Bydureon</b> (Exenatide)	<b>Mounjaro or Zepbound</b> (Tirzepatide)	<b>Ozempic</b> (Semaglutide)	<b>Trulicity</b> (Dulaglutide)	<b>Wegovy</b> (Semaglutide)

- For patients that take GLP-1 medications **DAILY**, hold the medication the **DAY** of the procedure.
- For patients that take GLP-1 medications **WEEKLY**, hold the medication **8 DAYS** prior to the procedure.

- **If you have diabetes:** Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Typically, we recommend that you do not take your oral hypoglycemic or insulin the morning of your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.

**If you have any questions, please call your provider's office.**

## Timeline for Colonoscopy

### Shopping List:

- **Please go ahead and purchase your Prep / have your prep prescription filled. Even if this appointment is several months ahead.**
- Plan a trip to the grocery store to stock up on the low-fiber, low-residue foods listed in this packet as well as the ALLOWED clear liquids (see below)
- Due to frequent trips to the bathroom, moist toilet paper wipes and Vaseline, Desitin or Calmoseptine may help soothe a sore bottom
- Drinking straws may help with the prep intake (they help bypass the taste buds on the front of the tongue)
- Anti-gas tablets (Gas-X, etc.) may help with the bloating

### Clear Liquids Allowed:

- Gatorade or PowerAde (no red or purple)
- Clear fruit juices (white grape juice or apple juice)
- Water
- Kool-Aid (no red or purple)
- Clear soup (broth or bouillon)
- Popsicles (no red or purple)
- Tea or coffee (no cream or milk)
- Jello-O (no red or purple)
- 7-Up, Sprite, Pepsi/Coke-Diet or Regular, Ginger Ale
- Boose Breeze or Ensure Clear (dairy-free)

## 5 Days Prior to Your Procedure

- Stop taking any iron, fiber, herbal supplements, or multivitamins
- Stop taking aspirin that is not prescribed by a doctor for a specific medical reason.

## 3 Days Prior to Your Procedure

Start the Low Residue Diet below. Following this diet will help your doctor see as much of your colon as possible. Residue on the colon may make it difficult to detect possibly cancerous polyps and lesions.

### Low Residue Diet with foods to AVOID

- Corn of ANY kind
- Raw or dried fruits and vegetables, especially anything containing seeds, skins, stalks, or pulp:
  - salads, broccoli, brussels sprouts, cauliflower, cabbage, onions, asparagus, raw carrots, tomatoes, okra, cucumbers, squash, etc.
  - berries, oranges, grapefruit, kiwi, apple skins, prunes, figs, dates, raisins

Fruit juice with pulp (including prune juice)

- Peas and beans (black-eyed peas, black, lima, pinto, butter, navy, northern beans, etc.)
- Seeds: sunflower seeds, sesame seeds (including the ones on hamburger buns)
- Nuts: peanuts, walnuts, pecans, almonds, pistachios, etc.
- Bread products containing whole grains and/or bran:
  - multi-grain bread, whole wheat bread or crackers
  - any breads or crackers containing nuts, seeds, or fruit
  - granola, high fiber cereals, oatmeal, cereal with seeds, nuts, dried fruit, or coconut
- Tough, fibrous meats

### Low Residue Diet with RECOMMENDED Foods:

- Strained juices (no pulp), coffee, tea, carbonated beverages, milk
- Ripe bananas
- Tender **cooked** and canned vegetables without skins or seeds: carrots, asparagus tips (no stalks), green beans, spinach
- Well-cooked tender meats such as beef, lamb, ham, pork, fish, chicken
- Smooth (not chunky) peanut butter
- White breads (avoid multi-grain or anything with seeds) including rolls, biscuits, muffins, crackers, waffles
- White rice, pasta, potatoes (without skin)
- Low fiber cereals (Rice Krispies, Corn Flakes, etc.)
- Bouillon, broth, cream soups, soups made with approved vegetables
- Eggs, yogurt, cheese, cottage cheese
- Sorbet, popsicles, ice cream

## 1 Day Before Your Procedure:

**The Day Before The Colonoscopy**

**\*\*\* Clear Liquids Only \*\*\***

**DO NOT EAT ANY SOLID FOOD - BEGIN CLEAR LIQUID DIET**

**NO ICE CREAM, NO YOGURT, NO MILKSHAKES, NO SMOOTHIES, NO ALCOHOL**

### **CLEAR LIQUIDS ONLY - ALL Day**

#### Examples of Clear Liquids

- Clear chicken or beef broth (Consommé)
- Popsicles **EXCEPT** red, purple, or blue
- Coconut Water - NOT Coconut Milk
- Apple juice or White grape juice **ONLY**
  - **NO OTHER JUICES**
- Coffee and Tea - **NO cream or dairy products**
- Gatorade - **NO** red, purple, or blue
- Soft Drinks - **NO** red, purple, or blue
- Crystal Light, Kool-Aid, etc. - **NO** red, purple, or blue
- Jell-O - **NO** red, purple, or blue
- Hard Candy - **No** Red, Orange, Purple, Blue

# Plenvu Prep Instructions

## What you will need:

- 4 Simethicone (Gas-X) 160mg or 180mg tablets/soft gets (this can be purchased over the counter)
- Your filled prescription of Plenvu

## The day before your procedure:

- At 6pm, take 2 tablets of Simethicone (Gas-X) 160mg or 180mg right before drinking your prep.
- Add packet #1 to the container that is provided and fill it with water to the line. Drink the entire contents of prep and water mixture within 30 minutes.
- Rinse mixing container then fill with water up to the line and drink completely within 30 minutes.
- Continue CLEAR LIQUID DIET until midnight.

## After Midnight on the morning of your procedure:

- DO NOT EAT OR DRINK ANYTHING other than the prep and required water.
- Do not use any tobacco products (cigarettes, dip, vape, etc.) 6 hours prior to your arrival time.

## 5 hours before your procedure ARRIVAL TIME:

- Take 2 tablets of Simethicone (Gas-X) 160mg or 180mg right before drinking your prep
- Add #2 packets to the container that is provided and fill with water to the line. Drink the entire mixture.
- Rinse mixing container then fill with water up to the line and drink water over the next hour.
- Nothing else to eat or drink after this container of water
- You must finish drinking the final container of water at least 3 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME.
- If you normally take medication for blood pressure, reflux (heartburn), seizures, pain, anxiety or breathing problems in the morning, take these with a sip of water just before leaving the house.