



*Digestive Health
Specialists*
OF THE SOUTHEAST

1. Please be prepared to be at the Center for Digestive Health or the hospital for up to 6 hours the day of your procedure. Frequently this time will be less, but please make arrangements to potentially allow 6 hours.
2. You are required to have someone accompany you to your procedure and be available to drive you home. **We will not do a procedure that involves anesthesia without a responsible driver, no exceptions.**
3. Please leave all jewelry and valuables at home
4. Please read all Prep instructions a week before your procedure to ensure you can follow these. The Prep is crucial to a successful examination. Please purchase your prep at least 5 days before your procedure.
5. The day of your procedure, please register at the front desk of the Center for Digestive Health or at outpatient registration if your procedure is at the hospital. Please arrive at your scheduled time. **THIS IS REGISTRATION TIME, NOT PROCEDURE TIME**
6. If you are taking blood thinners (Coumadin, Warfarin, Plavix, Xarelto, Eliquis, Aggrenox, etc), and have not received specific instructions regarding holding these medications, please call our office at 334-836-1212
7. If you take daily Aspirin, you may continue to do so. **DO NOT HOLD ASPIRIN.**
8. Please take your heart, blood pressure, seizure, or thyroid medications the morning of your procedure with a sip of water.
9. Please bring an updated, complete list of your medications to your procedure.
10. If you have plans to travel outside the US or to a remote area immediately following your procedure, you should contact our office prior to having or prepping for the procedure.
11. If you are taking GIP/GLP-1 agonists such as **Mounjaro, Ozempic, Rybeisus, or Wegovy**, please hold these medications for 2 weeks if possible.



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CLEAR LIQUIDS ALLOWED THE DAY BEFORE COLONOSCOPY

CLEAR SODA

SPORTS DRINKS (NO RED ,PURPLE or BLUE)

CLEAR BROTH SOUP

STRAINED CLEAR FRUIT JUICE (NO PULP)

COFFEE / TEA (WITHOUT MILK OR
CREAMER)

STRAINED LEMONADE OR LIMEADE

GELATIN WITHOUT FRUIT

POPSICLES (WITHOUT FRUIT OR PULP)