

Before your procedure

- **The date of your procedure will be given to you after your pre-op consultation**
- You are required to have a negative COVID test before your procedure.
 - Please get a COVID test **two (2) days before your procedure.**
Pre surgical COVID-19 testing is available daily from 9am-6pm (no appointment needed)
4201 Bartlett Street Homer, AK 99603
(907)235-0259
- The day before your procedure a member of the OR team will call you to review your medical history, pre-op instructions and to direct you what time you will need to arrive at SPH the day of your procedure
 - *Please note we are unable to provide specific surgical time slots prior to the day before*
- If you are taking any blood thinners, please be sure to talk to your doctor
- Please do not plan on working, driving or making any critical decisions the rest of the day after your procedure due to sedation given
- **You must arrange for a ride home from the hospital by a responsible adult. You may not use a taxi service**
- **Please note; if biopsies are taken during your procedure, results will be available approximately 2 weeks after your procedure. You will be contacted by our office with those results.**

If you have questions or concerns please call

Peninsula Surgical Clinic at (907)235-3225

or

South Peninsula Hospital Surgery Department at (907) 235-0260

Colonoscopy Bowel Preparation Instructions

Please remember, the bowel prep is essential for a clear diagnosis. An adequate clean out allows for the best evaluation of your entire colon and reduces the need for repeat procedures

Purchase the following over the counter items (*generic substitutions are acceptable, ask your pharmacist for assistance if needed*)

- **SPORT DRINKS** (2) Thirty two ounce bottles (Gator-aid, Power-aid)
 - **No purple or red**
- **DULCOLAX 5 MG** tablets (4 tablets)
- **MIRALAX** (238 gram bottle or two 119 gram bottles)
 - *During the prep, using baby wipes may ease some of your discomfort*

○ **NO SOLID FOOD THE DAY BEFORE OR THE DAY OF YOUR PROCEDURE**

- **No alcohol**
- **Clear liquids only** from the time you wake up, until after your procedure

Some examples of acceptable clear liquids:

- Water, clear fruit juices (apple or white grape)
- Chicken, vegetable or beef broth or bouillon
- Jell-O (*no purple or red*)
- Popsicles
- Clear soft drinks
- Coffee or tea (no cream)
- **No milk or milk products, no alternative or nut milks or alternative dairy products, no orange juice, no alcohol**
- **3 PM:** Take 2 DULCOLAX tablets
- **5 PM:** Mix half the bottle of MIRALAX into one bottle of SPORTS DRINK
 - ✓ Shake the solution until fully dissolved.
 - ✓ Drink an 8-ounce glass every 15 to 30 minutes until the solution is gone.
- **6 PM:** Mix the remaining half of the bottle of MIRALAX into the other bottle of SPORTS DRINK
 - ✓ Shake the solution until fully dissolved.
 - ✓ Drink an 8-ounce glass every 15 to 30 minutes until the solution is gone.
- **7 PM: Take the last 2 DULCOLAX tablets**

**If needed you may drink clear liquids until you go to bed, you may take any necessary medications with a sip of water*

▪ **NOTHING BY MOUTH AFTER MIDNIGHT**