OCRA
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ANORECTAL PROCEDURE PREPARATION

YOUR PROCEDURE

PHYSICIAN NAME

DATE OF SURGERY

THE HOSPITAL WILL CALL YOU

The hospital will call you **the day before your procedure** to give you the **time of your surgery** and your **expected arrival time**.

LOCATION

Your location is the one that is checked.

- ☐ **Corewell Hospital East**
  3601 W 13 Mile Rd, Royal Oak, MI 48073
  Go to the North entrance registration
- ☐ **Corewell Health Care Center**
  6900 Orchard Lake Rd, West Bloomfield
  Go to the lower level, Suite 100
- ☐ **Gastro Intestinal Endoscopy Center**
  264 W Maple Road, Suite 100, Troy, MI 48084
- ☐ **Michigan Endoscopy Center**
  30055 Northwestern Hwy., Suite L-60, Farmington Hills, MI 48334

YOUR PREP AT A GLANCE

BEFORE YOUR PROCEDURE	2 WEEKS BEFORE	7 DAYS BEFORE	NIGHT BEFORE	DAY OF SURGERY
• Notify the office about blood thinners, NSAIDs or aspirin • Diabetic? Contact the office	• Hold herbal supplements	• Hold Vitamin E products	• Clear liquid diet starting with dinner • AM case: 1st Fleet enema 2 hours after dinner	• AM case: 2nd enema in the morning • NOON/PM case: 2 enemas, 3 hours before • Stop clear fluids 2 hours before

IMPORTANT: YOUR MEDICATIONS

BLOOD THINNERS, ASPIRIN AND NSAIDs: PLEASE NOTIFY THE OFFICE

If you are taking **blood thinners/anticoagulants**, **anti-platelet medications**, **NSAIDs/non-steroidal** and/or **aspirin products**, **please notify the office.**

- These medications **must be DISCONTINUED** prior to your procedure.
- Please contact your physician for guidance on discontinuation.

IF YOU ARE DIABETIC: PLEASE CONTACT THE OFFICE

Please contact the office for **instructions on diabetic medications** prior to the procedure.

- **Insulin-dependent diabetics** should contact their personal physician for dosage instructions prior to the procedure.

IF YOU ARE TAKING SUPPLEMENTS

- Hold **herbal supplements** for **2 weeks** prior to surgery.
- Hold **Vitamin E** products for **7 days**.

ALL OTHER PRESCRIBED MEDICATIONS

Take all other prescribed medications **as instructed**, with a **very small amount of water**.

THE NIGHT BEFORE AND THE DAY OF SURGERY

CLEAR LIQUID DIET

Follow a **clear liquid diet starting with dinner the night before surgery**. See the list of clear liquids below.

STOP ALL CLEAR FLUIDS 2 HOURS BEFORE SURGERY

STOP consumption of clear fluids **2 hours prior to surgery**.

No gum or breath mints!

FLEET ENEMAS

You will need to perform Fleet enemas. Follow the schedule that matches your surgery time.

IF YOU ARE AN AM CASE

- **One enema** two hours after dinner the night before.
- **One enema** the morning of the procedure.

IF YOU ARE A NOON / PM CASE

- **Two (2) enemas**, three hours before your procedure.
- Take them **an hour apart** from each other.

ACCEPTABLE CLEAR LIQUIDS FOR THE DAY BEFORE

OK TO EAT / DRINK

- **Water**
- **Soft drinks** (orange, ginger ale, cola, Sprite, 7-Up)
- **Gatorade**
- **Kool-Aid**
- **Strained fruit juice** such as apple juice or white grape juice (clear juices, no pulp)
- **Coffee** or **tea** (no cream)
- **Popsicles** (no sherbets or fruit bars)
- **Hard candies**
- **Clear broth**

DO NOT EAT OR DRINK ANYTHING COLORED RED OR PURPLE