OCRA
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TWO-DAY BOWEL PREPARATION
(MAGNESIUM CITRATE / MIRALAX / DULCOLAX)

YOUR APPOINTMENT

APPOINTMENT DATE

YOUR DOCTOR (Dr.)

ARRIVAL TIME

PROCEDURE 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

PLAN YOUR RIDE HOME

You must be accompanied by someone who can **stay at the facility until your discharge**. This person must be **over 18 years old** and able to **drive you home** after the exam. **Your procedure may be cancelled if this requirement is not met.**

QUESTIONS OR NEED TO CANCEL?

If you have any questions about the procedure or the preparation, or if you need to cancel this test, please call **(248) 541-8554**

ext. _____ or ask for your scheduler, whose name is _____

Cleaning out the colon is essential to obtaining a complete and successful exam. Please prepare for your colonoscopy as follows. **Please read every page.**

MEDICATIONS: PLEASE READ FIRST

IF YOU TAKE A BLOOD THINNER

XARELTO (rivaroxaban), **ELIQUIS** (apixaban), **COUMADIN** (warfarin), **LOVENOX**, **HEPARIN**, **PRADAXA** (dabigatran), **PLAVIX** (clopidogrel) or **BRILINTA** (ticagrelor)

It **may be necessary to stop** these medications before the procedure. For specific instructions on these medications, or if you are unsure, **please notify the scheduler or physician.**

IF YOU TAKE A WEIGHT-LOSS DRUG: STOP 7 DAYS BEFORE

OZEMPIC, MOUNJARO, WEGOVY, ZEPBOUND, semaglutide, tirzepatide, or other. Please inform the office.

You must stop these medications seven (7) days before your procedure or it will be cancelled.

IF YOU ARE DIABETIC AND TAKE THESE: STOP 3 DAYS BEFORE

JARDIANCE (empagliflozin), **JANUVIA** (sitagliptin) or **FARXIGA** (dapagliflozin)

You must stop these drugs three (3) days before your procedure.

OK TO TAKE

Tylenol and **low-dose aspirin** are acceptable for use until the day of your procedure.

WHAT TO BUY

Purchase the following from a pharmacy or grocery store. Check each box as you pick it up.

- ☐ **Magnesium Citrate** saline laxative
  One 10 oz bottle
- ☐ **Dulcolax** (laxative) **5 mg tablets**
  Four (4) pills total
- ☐ **Miralax** – one 8.3 ounce (238 gram) bottle
  or generic equivalent
- ☐ **Gatorade** – two (2) 32 oz bottles, total of 64 oz.
  Not red, purple or blue. Alternatives can include Vitamin Water, Gatorade Water, Pedialyte and Powerade.
  People with diabetes should use Gatorade G2 (not red).

YOUR PREP AT A GLANCE

7 DAYS BEFORE	3 DAYS BEFORE	2 DAYS BEFORE	1 DAY BEFORE	DAY OF PROCEDURE
• Stop weight-loss drugs • Stop turmeric, fish oil, vitamin E and iron • Stop Imodium and Lomotil • Low-fiber diet	• Stop fiber supplements • Stop Jardiance, Januvia and Farxiga	• No marijuana for 48 hours • Drink 8+ glasses of water • No high-fiber foods • 5 p.m. – Magnesium citrate	• Strict clear liquids all day • 1:00 p.m. – Dulcolax • 4:00 p.m. – Miralax mix	• Arrive 1 hour early • Clear liquids until 4 hours before • No insulin or diabetes pills

ONE WEEK BEFORE YOUR PROCEDURE

TELL US ABOUT ANY HEART TESTING

Please inform our office if you have had an **abnormal stress test, EKG, or any other abnormal cardiac testing**, or if you have any cardiac testing scheduled for the future. The anesthesia staff may want to have these tests completed and reviewed by your cardiologist before sedation is given.

STOP THESE ONE WEEK BEFORE

- **STOP** taking **turmeric, fish oil, vitamin E and iron** supplements.
- **STOP** taking medicines that stop diarrhea, such as **Loperamide (Imodium)** or **Lomotil**.

LOW-FIBER DIET AND FIBER SUPPLEMENTS

- Follow a **LOW-FIBER DIET**. **LIMIT** your consumption of **nuts, seeds, popcorn, multigrain bread and corn.**
- **3 days before:** stop fiber supplements including **Metamucil, Citrucel, Benefiber**, etc.

TWO DAYS BEFORE YOUR EXAM

ALL DAY TODAY

- **No marijuana use** for 48 hours before the procedure.
- Drink **at least eight glasses of water** today.
- **STOP** eating high-fiber foods such as **vegetables and beans**.

At 5:00 p.m. (or after dinner)
Drink the **10 oz bottle of magnesium citrate**.

☐ Done

ONE DAY BEFORE YOUR EXAM

Clear liquids all day, plus the laxative prep below.

STRICT CLEAR LIQUID DIET ALL DAY TODAY

Follow a **STRICT CLEAR LIQUID DIET all day today**.

You **may have Jell-O** (except red, purple or blue) **and broth up to 12:00 (noon)** on the day of your clear liquid diet.

1

At 1:00 p.m.

Take **four (4) Dulcolax tablets** with an **8 oz glass of water**.

☐ Done

2

At 4:00 p.m.

Mix the **bottle of Miralax (238 gram)** in **64 oz. of Gatorade**. Shake until the Miralax is completely dissolved.

You can prepare this ahead of time and put it in the fridge.

☐ Done

3

Then drink the mixture

Drink an **8 oz glass every 10–15 minutes until ALL the solution is gone.**

If you begin to feel nauseated or bloated, you may spread out each 8 oz glass to every 30–45 minutes.

☐ Done

Tip: Baby wipes may be used for cleansing. You can use Vaseline or Desitin on the skin around the anus to prevent irritation between movements.

ACCEPTABLE CLEAR LIQUIDS FOR THE DAY BEFORE

OK TO EAT / DRINK

- **Water**
- **Soft drinks** (orange, ginger ale, cola, Sprite, 7-Up)
- **Gatorade** and **Kool-Aid**
- **Strained fruit juice** such as apple 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, PURPLE or BLUE**

THE DAY OF YOUR EXAM

ARRIVE EARLY

Please arrive **one (1) hour before** your appointment time.

CLEAR LIQUIDS ARE OK UNTIL 4 HOURS BEFORE

You may continue the clear liquid diet until **four (4) hours before** your scheduled procedure time.

NO Jell-O and NO broth.

No gum or breath mints!

YOUR MEDICATIONS THAT MORNING

- **Heart and blood pressure medications** may be taken with a sip of water at least 2 hours before your procedure time.
- **Do NOT take injectable insulin.**
- **Do NOT take any oral diabetes medications (pills).**

AFTER YOUR PROCEDURE

YOU MUST HAVE A DRIVER

You **must make arrangements for someone to come with you, wait for you, and drive you home** (you have been given sedation). **Your procedure will be cancelled if this requirement is not met.**

You will not be allowed to drive a car for the rest of the day.

RECOVERY

Following your colonoscopy, you will spend approximately **30 minutes in the recovery room** before being discharged.

IF A POLYP IS REMOVED

You must **stay in the Detroit Metro Area overnight** following the procedure.

If any **bleeding, pain or other symptoms** occur, it is imperative that the physician be notified **immediately** so prompt and proper treatment may be administered.