



OAKLAND COLON AND RECTAL ASSOCIATES, P.C.

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- Beaumont Hospital, 3601 W 13 Mile Rd, Royal Oak, MI 48073 ( go to North entrance registration)
- Beaumont Hospital, 6900 Orchard Lake Rd, West Bloomfield (go to 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
- ST. Joseph Mercy Oakland, 44405 Woodward Avenue, Pontiac, MI 48341

THIS PROCEDURE WILL BE CANCELLED IF YOUR DRIVER LEAVES THE PREMISES

### **COLONOSCOPY PREPARATION (MIRALAX/GATORADE)**

The following measures must be adhered to in order to permit an adequate examination.

**IF YOU ARE ON BLOOD THINNERS: XARELTO, ELIQUIS, COUMADIN, LOVENOX, HEPARIN, PRADAXA, PLAVIX, BRILINTA OR IF YOU ARE UNSURE-PLEASE NOTIFY THE SCHEDULER OR PHYSICIAN. IT MAY BE NECESSARY TO STOP THESE MEDICATIONS PRIOR TO THE PROCEDURE.**

Tylenol and low dose Aspirin are acceptable for use until the day of procedure.

#### **PURCHASE AT THE PHARMACY**

- ® Four (4) 5 mg Dulcolax (laxative) tablets
- ® 238 Gram bottle of Miralax
- ® Two 32 oz bottles of Gatorade ( not red or purple)

Please Note: Individual responses to laxatives vary. This preparation may cause multiple bowel movements usually taking effect 30 minutes up to three hours after ingestion. Please remain within each reach of restroom facilities.

#### **ONE WEEK PRIOR TO PROCEDURE**

STOP taking, TUMERIC, FISH OIL, VITIMIN E AND IRON supplement one week prior to procedure.

Restricted residue diet -LIMIT YOUR COMSUMPTION OF nuts, seeds, popcorn and corn. Discontinue fiber supplements including Metamucil, Citrucel, Benefiber, etc. ONE DAY PRIOR.

#### **DAY BEFORE PROCEDURE**

EAT/DRINK ONLY "CLEAR LIQUIDS" for breakfast, lunch and dinner.

DO **NOT** EAT/DRINK solid foods, milk products, alcohol or anything colored red or purple.

Clear liquids acceptable for consumption are listed below:



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- ® Soft Drinks ( orange, ginger ale, cola, sprite and 7-up)
- ® Gatorade and Kool-Aide ( no red or purple)
- ® Strained fruit juices WITHOUT PULP (apple, white grape, lemonade)
- ® Water, tea, coffee (NO milk products can be added including non-dairy creamer)
- ® Clear broth or bouillon
- ® Hard candies
- ® Jell-O and Popsicles (again, no red and purple flavors)

In addition to the "clear liquid" diet, the laxative procedure must be done the day before the exam. The following list is a step-by-step process which ensures proper use of the laxatives.

**MORNING APPOINTMENT PROCEDURE**

1. At 10:00 a.m. take four (4) Dulcolax Tablets
2. At 1:00 p.m. mix the 238 Gram bottle of Miralax in 64 oz. of Gatorade. Shake until Miralax is completely dissolved.
3. 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.)

**DAY OF PROCEDURE**

1. **YOU MAY CONTINUE CLEAR LIQUID DIET UNTIL FOUR (4) HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME.**
2. Heart and blood pressure medications may be taken with a **sip** of water around **at least 2 hours prior to your procedure time.**
3. Do not take injectable insulin.
4. Do not take any oral diabetes medications (pills).
5. No marijuana use for 48 hours before procedure.
6. If polyp is removed, patient 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.
7. This appointment is at \_\_\_\_\_ with Dr. \_\_\_\_\_.
8. Date: \_\_\_\_\_ Arrival time: \_\_\_\_\_.
9. You must be accompanied by someone who can stay at the facility while you are there. This person must be able to drive you home after the exam.
10. **IF THERE ARE ANY QUESTIONS ABOUT THE PROCEDURE, PREPARATION OR SHOULD YOU HAVE TO CANCEL THIS TEST, PLEASE CALL (248) 541-8554 AND PUT IN EXT. \_\_\_\_\_ OR ASK FOR YOUR SCHEDULER WHOSE NAME IS \_\_\_\_\_.**