COLONOSCOPY PREPARATION

Please call 989.839.0750 if you have any questions regarding your scheduled procedure.

5 DAYS PRIOR TO YOUR PROCEDURE it is recommended that you stay off aspirin, aspirin products, Celebrex, Ibuprofen, or Motrin.

3 DAYS PRIOR TO YOUR PROCEDURE YOU MUST AVOID THE FOLLOWING:
- Foods with seeds (tomatoes/cucumbers)
- Iron supplements (including vitamins with iron)
- Bulking products (Metamucil, Citrucel)
- Foods difficult to digest (corn, nuts)

Call our office if you:
- are an insulin controlled diabetic
- have a defibrillator
- are taking Coumadin, Effient, Plavix, Pradaxa or any blood thinning product
- have a heart valve replacement OR
- have a history of endocarditis (these may require antibiotics prior to your procedure)

ON THE DAY BEFORE YOUR PROCEDURE you must follow a clear liquid diet:
- INSULIN DEPENDENT DIABETICS clear liquid for evening meal~
  Water, strained fruit juices (without pulp) such as apple, white grape or white cranberry or soda pop
  Coffee or tea (DO NOT use any dairy or non-dairy creamer)
  Chicken or beef broth
  Flavored gelatin without added fruit or topping, popsicles, hard candies,
  (NO RED or PURPLE)

NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE

You will be sedated for your procedure which will impair your reflexes and judgment. Therefore, you will need to bring a responsible driver over the age of 18 as you will not be allowed to drive after your procedure.

What is a Colonoscopy?

Colonoscopy is a procedure that allows your physician to examine the lining of the entire large intestine (colon) from the rectum to the lower end of the small intestine for any abnormalities such as inflamed tissue, polyps, ulcers or bleeding. A small fiberoptic flexible tube is gently inserted into the anus and advanced into the colon. If an area needs further evaluation a biopsy will be taken. Biopsies do not imply cancer and most polyps are not cancerous. Removal of polyps is one of the best means of preventing colo-rectal cancer.
Written Consent is required from the patient or from the legal guardian prior to this procedure. Legal guardians may obtain the appropriate forms by calling the facility that will be performing your procedure.

Great Lakes Bay Surgery & Endoscopy Center 989.495.9100
Medical Out-Patient, MidMichigan Medical Center-Midland 989.839.3784.

After the procedure and upon discharge:

~ Your physician will explain the results of the exam to you and your designated driver.

~ Do not drive or operate machinery the rest of the day.

~ Do not go to work. Rest and take it easy.

~ Do not drink alcoholic beverages.

~ Do not make critical decisions, sign legal documents or do anything that requires you to be alert and coordinated.
COLONOSCOPY PREPARATION
Enclosed please find your SUPREP prescription
Please call 989.839.0750 if you have any questions regarding your scheduled procedure.

__Todd K. Holtz, M.D.  __Ernest Ofori-Darko, M.D.
__Christina L. Murphy, D.O.  __Karen F. Huang, D.O., FACOI

will be performing your procedure at the location checked below on ___________ at ___________

__Great Lakes Bay Surgery & Endoscopy Center, 4228 Bay City Rd., Midland
__Medical Out-Patient, MidMichigan Medical Center-Midland, 4000 Wellness Dr.

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Chicken or beef broth
Flavored gelatin without added fruit or topping, popsicles, hard candies,
(NO RED or PURPLE)

Instructions for use of SUPREP
At 6:00pm on the evening before procedure pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water or any clear liquid to the 16-ounce line on the container and mix. (NO RED or PURPLE)

Drink ALL the liquid in the container.
You must drink two (2) more 16-ounce containers of clear liquid over the next one (1) hour.

(over)
At 6:00am the morning of your procedure repeat the previous preparation procedure.

NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE

Prior to leaving for your scheduled procedure the results from your prep should be a clear to light yellow liquid. If they are not, call the facility that will be performing your procedure. Failure to follow these preparation instructions could result in the cancellation of your procedure.

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Dated 03.15.2012 colon/suprep