

# 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, Xarelto, Brilinta*  
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:**

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 INCLUDING: GUM, HARD CANDIES, BREATH MINTS OR LIQUIDS 3 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE, you may brush your teeth. *The day of your procedure you may take your medication for blood pressure, heartburn-anti-reflux, anxiety or depression with a sip of water.***

**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 instructions could result in the cancellation of your procedure.**

*(continue on back)*

**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**  
**Riecker Surgery Center 989.837.9493**

**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. For your safety you must have someone stay with you the remainder of the day due to the side effects of the sedation or your procedure may be canceled.**
- ~ **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-MIRALAX PREPARATION – Arrival time *prior* to 12:00 noon**

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

<input type="checkbox"/> Todd K. Holtz, M.D.	<input type="checkbox"/> Ernest Ofori-Darko, M.D.
<input type="checkbox"/> Christina L. Murphy, D.O.	<input type="checkbox"/> Karen F. Huang, D.O., FACOI

The arrival date and time for your procedure at the location checked below is \_\_\_\_\_ at \_\_\_\_\_.

\_\_ **Great Lakes Bay Surgery & Endoscopy Center**  
4228 Bay City Rd., Midland  
or  
\_\_ **Riecker Surgery Center**  
4400 Wellness Dr., Midland

**You will need to purchase the following from any pharmacy:**  
**Six (6) Dulcolax Laxative Tablets or equivalent generic product**  
**One (1) Bottle of Miralax 238 grams or equivalent generic product**  
**64 ounces of Gatorade, G2, Propel or equivalent (not red, pink or purple)**

**\*\*\*2 DAYS BEFORE YOUR PROCEDURE\*\*\***

**At 8:00pm-Take 2 Dulcolax Laxative Tablets**

***Miralax Prep - Arrival time prior to 12:00 noon***

Please follow the instructions for a clear liquid diet in the enclosed pamphlet.

**The day before your exam:**

- ▶ **At 3:00 pm** - Take 2 Dulcolax Laxative Tablets
- ▶ **At 5:00 pm** - Mix the 238 gm bottle of Miralax in 64 ounces of Gatorade (not red, pink or purple)  
Shake the solution until the Miralax is dissolved.  
Drink an 8 ounce glass every 10 – 15 minutes until the solution is gone.  
A strong bowel action can be expected about one (1) hour after starting the prep.
- ▶ **At 7:00 pm** - Take two (2) Dulcolax Laxative Tablets  
Continue drinking clear fluids until bed time.
- ▶ **On the day of the exam:** – nothing to drink 4 hours prior to your procedure.  
**You may take your prescription medicines with a sip of water.**

**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.**

**COLONOSCOPY-MIRALAX PREPARATION – Arrival time noon or later**

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

Todd K. Holtz, M.D.  
 Christina L. Murphy, D.O.

Ernest Ofori-Darko, M.D.  
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The arrival date and time for your procedure at the location checked below is \_\_\_\_\_ at \_\_\_\_\_.

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One (1) Bottle of Miralax 238 grams or equivalent generic product  
64 ounces of Gatorade, G2, Propel or equivalent (not red, pink or purple)

**\*\*\*2 DAYS BEFORE YOUR PROCEDURE\*\*\***

**At 8:00pm- Take 2 Dulcolax Laxative Tablets**

***Miralax Prep – Arrival 12:00 noon or later***

Please follow the instructions for a clear liquid diet in the enclosed pamphlet.

**The day before your exam:**

- ▶ **At 3:00 pm** - Take two (2) Dulcolax Laxative Tablets
- ▶ **At 6:00 pm** - Mix half of the Miralax with 32 ounces of Gatorade (not red, pink or purple)  
Shake the solution until completely dissolved.  
Drink 8 ounces every 10 – 15 minutes until the solution is gone.  
A strong bowel action can be expected about one (1) hour after starting the prep.
- ▶ **At 8:00 pm** - Take two (2) Dulcolax Laxative Tablets  
Continue drinking clear fluids until bedtime

**The morning of the exam**

- ▶ **At 6:00 am** - Mix the last half of the Miralax with 32 ounces of Gatorade (not red, pink or purple)  
Shake solution until completely dissolved.  
Drink 8 ounces every 10-15 minutes until solution is gone.
- ▶ **On the day of the exam:** – nothing to drink 4 hours prior to your procedure.

You may take your prescription medicines with a sip of water.

**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.**