

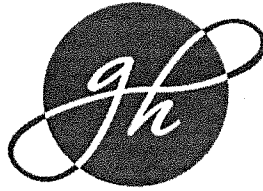
A snapshot to a successful Colonoscopy:

“Split your prep time”. Taking half of the preparation the evening before and half 6 hours prior to your procedure is the standard of care. This is an effective way to clear your bowels. More importantly it will be less likely that you'll have to repeat the test because your colon was plugged up!

“Drink clear liquids, don't eat solid foods the day before your procedure.” Any particle that may be left behind could possibly cover up something that requires immediate medical attention.

When it comes to detecting and preventing colon cancer, no screening option is more effective than a colonoscopy.

“Stay Hydrated. Prep as directed. Be relaxed.”



Gastroenterology & Hepatology

ASSOCIATES OF MID-MICHIGAN, PC

COLONOSCOPY APPOINTMENT INFORMATION & PREPARATION INSTRUCTIONS

To reschedule, cancel, comments or concerns please call: 989.839.0750.

___ Todd K Holtz, M.D.

___ Christina L. Murphy, D.O.

___ Ernest Ofori-Darko, M.D.

___ Karen F. Huang, D.O., FACOI

The arrival date & time for your procedure
at the location checked below is _____ at _____ am/pm.

___ **Great Lakes Bay Surgery & Endoscopy Center**, 4228 Bay City Road, Midland, MI 48642.

___ **Riecker Surgery Center** (located on the MidMichigan Medical Center
Midland campus), 4400 Wellness Drive, Midland, MI 48640.

**It is recommended that you read these instructions THE WEEK
before your colonoscopy.**

5 DAYS PRIOR TO YOUR procedure it is recommended that you do not take any products containing: **Aspirin or NSAIDS (Motrin, Ibuprofen, Naproxen or Celebrex)**. Call our office if you:

- **Have a defibrillator.**
- **Heart valve replacement.**
- **History of Endocarditis (may require antibiotics prior to any procedure).**
- **Are insulin controlled diabetic.**
- **Take Brilinta, Coumadin, Effient, Plavix, Pradaxa, Xarelto or any other blood thinning product(s).**

3 DAYS PRIOR TO YOUR APPOINTMENT YOU MUST AVOID THE FOLLOWING:

- **Foods that contain seeds:**
(tomatoes/cucumbers)
- **Foods difficult to digest:**
(corn/nuts/popcorn)
- **Iron supplements:**
(NO vitamins containing iron)
- **Fiber supplements:**
(Metamucil, Citrucel)

You will need a SUPREP® prescription to prepare for your Colonoscopy

To have your **SUPREP®** sent to your pharmacy please call the office at: **989.839.0750** to provide us with your pharmacy information. If this prescription is not covered, or if your pharmacy has no record of the prescription call our office.

DO NOT follow the directions on the box, see the SUPREP® instructions provided with this paperwork.

ON THE DAY BEFORE YOUR SCHEDULED PROCEDURE YOU MUST FOLLOW A CLEAR LIQUID DIET STARTING FROM THE TIME THAT YOU WAKE UP.

To keep from being hungry include some high protein options. You will need calories so stay away from sugar free liquids even for diabetics.

Avoiding RED, PINK OR PURPLE LIQUIDS, we recommend the following:

- Strained fruit juices (**without pulp**) such as apple, white grape, white cranberry or soda pop
- Chicken or beef broth
- Water
- Flavored gelatin - without added fruit or topping
- Popsicle's or hard candies
- Coffee or tea (**DO NOT USE** any dairy or non-dairy creamer)

At 6:00 pm the evening before your procedure you will need to start your SUPREP®.

FOLLOW DIRECTIONS BELOW:

Pour 1 of the 6 ounce bottles of SUPREP® liquid into mixing container provided then add water or another clear liquid of your choice to the 16 ounce line on the container.

Drink ALL of the 16 ounces of clear liquid in this container.

You must drink 2 more 16 ounce containers of a clear liquid over the next hour (avoid red, pink or purple liquids throughout your preparation)

The SUPREP® may start working right away, for some it may take several hours before feeling the need for your first bowel movement.

You will need to be near a restroom during this time.

Continue to drink clear liquids for the remainder of the evening to ensure adequate hydration and to have an effective prep.

The day of procedure continue your clear liquid diet.

6 hours before your colonoscopy mix and drink the SECOND half of your SUPREP®.

For example: If your appointment is at 9:00 am you will need to start the 2nd 6 ounce bottle of SUPREP® at 3:00 am. If your appointment is at 12:00 pm you will need to start the 2nd 6 ounce bottle of SUPREP® at 6:00 am.

Remember you must drink 2 more of the 16 ounce containers of clear liquid over the next hour (avoid red, pink or purple liquids)

You will experience another series of bowel movements. Prior to leaving for your appointment the results from your prep should be a clear to light yellow liquid. If it is not, call the facility that will be performing your procedure. Failure to follow these instructions could result in the cancellation of your colonoscopy.

NO SMOKING AFTER MIDNIGHT THE DAY OF YOUR PROCEDURE.

NOTHING BY MOUTH 3 HOURS BEFORE YOUR SCHEDULED APPOINTMENT.

Take any of your regularly prescribed medication(s) prior to this time. The day of your scheduled appointment you may take medication(s) for blood pressure, heartburn, anti-reflux, anxiety or depression or anti-seizure medication(s) only with a small sip of water.

Do not take blood thinners.

NO gum, NO hard candies, NO breath mints or NO liquids 3 hours prior to your appointment. You may brush your teeth.

You will be sedated for your colonoscopy which will impair your reflexes and judgment.

Therefore, you will need to bring a responsible driver of 18 years old or older as you will not be allowed to drive after your colonoscopy. Your companion will be required to remain on site from check in until the time of your discharge.

Written Consent is required from the patient or from the legal guardian prior to this appointment. Legal guardians may obtain the appropriate forms by calling the facility that will be performing the colonoscopy.

For patients' privacy cell phones and other electronic devices must be turned off and stored away while in the procedure area. Photographs and recordings are prohibited.

Additional instructions:

- **Female patients:** if you are pregnant or unsure if you are pregnant your colonoscopy may be canceled when you arrive. We strongly recommend that you take a pregnancy test if you are unsure. Please call 989.839.0750 before the procedure date to discuss this if you are or could be pregnant. If you are on your menstrual cycle it is "ok" to continue with your procedure as planned.
- If you use an inhaler for asthma or COPD, please bring it with you to your appointment.
- Bring your insurance card and a photo ID.
- Do not bring valuables to your appointment.
- Friends and family may not watch your procedure.
- For the safety of our patients and staff, we ask that you leave any weapons at home.

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 fiber optic 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 colorectal cancer.

After the colonoscopy and upon discharge:

- Your physician will explain the results of the exam to you and your designated driver.
- Do not drive or operate machinery for the remainder 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 from the sedation for your procedure or your appointment may be canceled and rescheduled to another day.
- Do not drink alcoholic beverages.
- Do not make any major or critical decisions.
- Do not sign legal documents.
- Do not do anything that requires you to be alert and or coordinated.