

# COLONOSCOPY PREPARATION

[gastroandhep.com](http://gastroandhep.com)

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

## 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 have not been instructed re:

- ~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, pink or purple)

No smoking after midnight.

**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.**

## Diabetes Instructions for Colonoscopy Preparation and Procedure

These are general guidelines. Please call the health care provider who manages your diabetes for questions regarding taking your insulin the day before your procedure.

For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage blood glucose.

**INSULIN AND DIABETES PILLS:** If you are a diabetic, it is important to monitor your blood sugar while doing the bowel preparation. **Non-insulin diabetics only take your am diabetes pills the day before your procedure. You should not take any diabetic medications on the day of your procedure.** Please be sure to check your blood sugar at home at all meals, at bedtime and on the morning on your exam.

### **Please use these tips to schedule your examination:**

Schedule the appointment for early in the day so that you can eat afterwards and take your medication as close to the usual time as possible.

Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of the procedure.

Check your blood glucose if at any time you have symptoms of low blood glucose or very high blood glucose.

Bring your blood glucose meter, test strips, and a clear low blood glucose treatment with you on the day of the procedure.

### **Clear liquid food choices for the day before your colonoscopy:**

\*Aim for 45 grams of carbohydrate at meals and 15-30 grams of carbohydrate for liquid snacks.

\*Avoid liquids that are red or have red dyes (cherry, berry, or grape flavors).

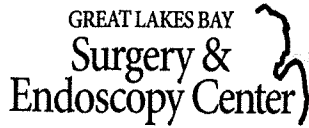
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**Sample of Clear Liquid Choices with Grams of Carbohydrates:**

- \*Apple juice (4 ounces) 15 grams of carbohydrates
- \*White grape juice (4 ounces) 10 – 15 grams of carbohydrates
- \*Sports drinks such as Gatorade (8 ounces) 14 grams of carbohydrates
- \*Gelatin (Jell-O), regular sweetened (1/2 cup) 15 grams of carbohydrates
- \*Orange popsicles or ice pops (read the label) 30 grams of carbohydrates
- \*Italian ice—not sherbet (read the label) 30 grams of carbohydrates
- \*Sugar (for coffee or tea) (1 teaspoon or packet) 4 grams of carbohydrates

**Food items without carbohydrates:**

- \*Fat-free broth, bouillon, or consommé
- \*Diet clear soda
- \*Coffee
- \*Tea, unsweetened or diet
- \*Seltzer
- \*Flavored water



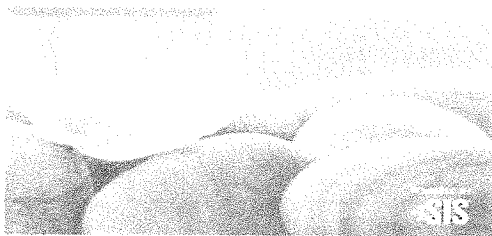
Dear Patient,

Your Doctor has scheduled you for a procedure at Great Lakes Bay Surgery and Endoscopy Center in Midland. We are located just west of US-10 on Bay City Road. Please find a map and driving directions on the reverse side of this letter.

**You must bring your driver's license and insurance card to every visit.**

**You must have a responsible adult (18 or older) who will bring you to the Center, be available to review your discharge instructions and drive you home.**

- Read and carefully follow any pre-procedure prep instructions that may be enclosed as a thorough prep is **VITAL** to a successful procedure.
- Your physician's office will schedule you for a **COVID-19 test if required** several days before your procedure/surgery. They will provide you with your results. This testing must be completed on time to prevent cancellation of your case.



**Approximately a week before your procedure you will receive a text message and/or email that will provide you with a unique link that will connect you to our secure Patient Health History form on SIS Exchange. You will be able to complete the form with a computer, tablet or on a cell phone.** It is important that we get this information ahead of time in order for your anesthesia provider to plan your care. For questions or if you need help to complete the form, call our Pre-Procedure Nurse at (989) 495-9100.

We will call you the day before your procedure by NOON to confirm your appointment time. If you do not hear from us, please call us.

Please call (989) 495-9100 with any questions regarding your procedure. Our website provides additional information about our services - [www.glbsurgery.com](http://www.glbsurgery.com).

Great Lakes Bay Surgery and Endoscopy is open Monday-Friday from 6:30 am - 4:30 pm. We appreciate the opportunity to partner with your physician to provide you with excellent care.

*The Great Lakes Bay Surgery and Endoscopy Team*

# DIRECTIONS:

## East (Bay City)

Take US-10 west to Bay City Rd. exit, turn left at W. Midland Rd. which turns into Bay City Rd.

## West (Mt. Pleasant)

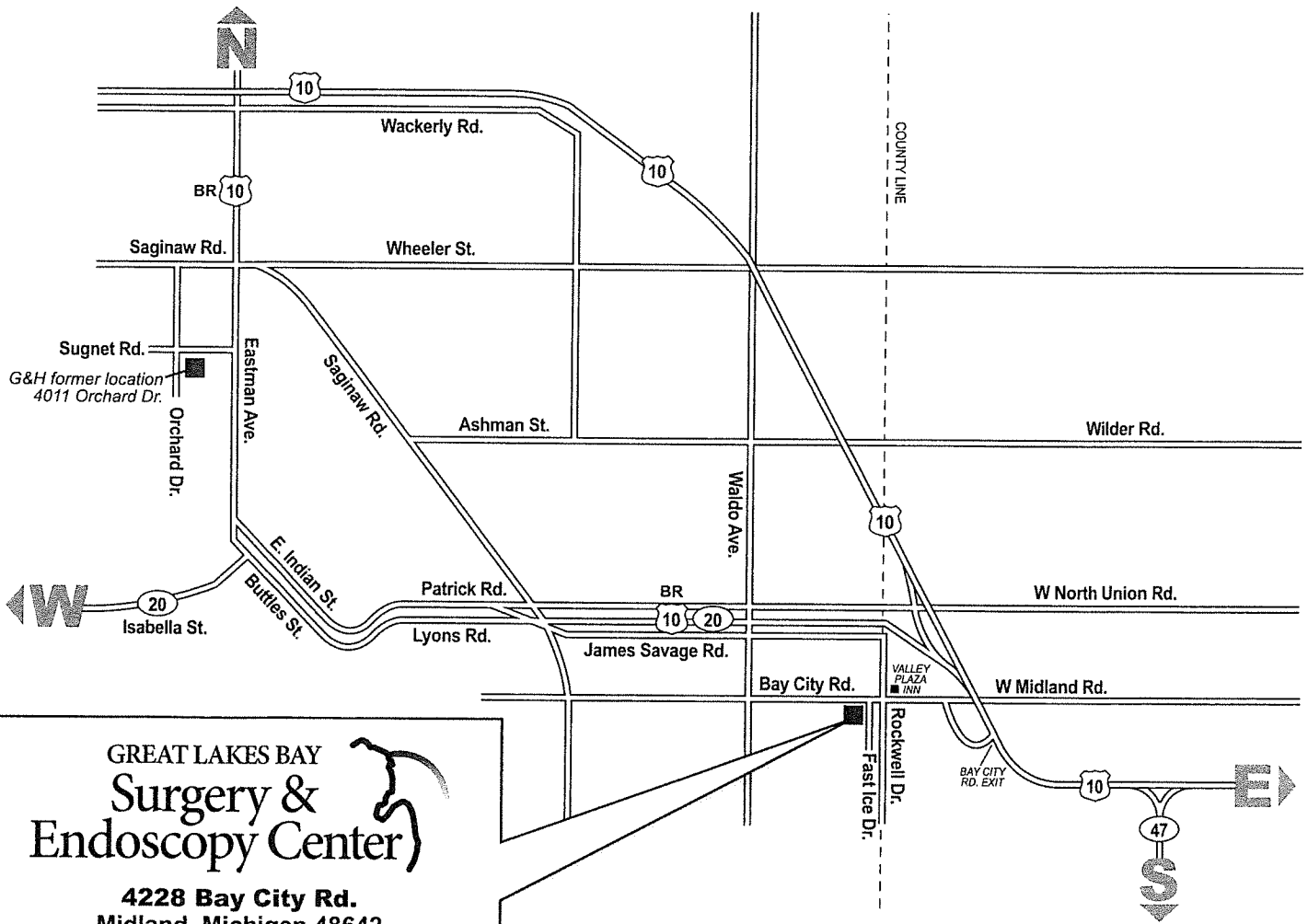
M-20 east, right at Buttles St./US-10 Business. Buttles St. turns into Lyons Rd. Continue to take US-10 Business east toward Bay City Rd. exit. Merge onto US-10 east, take Midland exit toward Bay City Rd. Turn left at W. Midland Rd. which turns into Bay City Rd.

## South (Saginaw)

Take Midland Rd./M-47 north, exit onto US-10 west toward Midland, exit to Bay City Rd., turn left at W. Midland Rd. which turns into Bay City Rd.

## North (Sanford)

US-10 east toward Bay City. Take Midland exit toward Bay City Rd. Turn left at W. Midland Rd. which turns into Bay City Rd.



**GREAT LAKES BAY  
Surgery &  
Endoscopy Center**

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