

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.”

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.**

MIRALAX/DULCOLAX COLONOSCOPY PREPARATION-SPLIT DOSE

To reschedule, cancel, comments or concerns please call: 989.839-0750

___ Todd K Holtz, M.D.

___ Ernest Ofori-Darko, M.D.

___ Christina L. Murphy, D.O.

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

Arrival Date: _____

___ **Great Lakes Bay Surgery & Endoscopy Center,**
4228 Bay City Road, Midland, MI 48642 - see attached paperwork re: calling for
your Arrival Time

___ **Riecker Surgery Center** (located on the MidMichigan Medical Center
Midland campus), 4400 Wellness Dr., Midland, MI 48640 - see attached papwork re:
calling for your Arrival Time

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

You will need to purchase the following items from any pharmacy:

**Six (6) Dulcolax Laxative Tablets or the equivalent generic product,
One (1) bottle of Miralax 238 grams or the equivalent generic product,
One (1) bottle of magnesium citrate or the equivalent generic product,
64 ounces of Gatorade, G2, Propel, Powerade or the equivalent (not red, pink or
purple)**

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

**At 8:00 pm Take 2 Ducolax Laxative tablets
Drink 10oz bottle of magnesium citrate. Drink slowly to prevent nausea.**

*****THE DAY BEFORE YOUR PROCEDURE*****

**YOU MUST FOLLOW A CLEAR LIQUID DIET STARTING FROM THE TIME YOU
WAKE UP**

1. 3:00 p.m. take two (2) Ducolax laxative tablets
2. 7:00 p.m. mix the entire 238 gram bottle of Miralax into 64 ounces of a sports drink of your choice such as Gatorade, G2, or Powerade. Mix well.
3. Drink ½ of this 64 ounce liquid – in 8 ounce increments every 10 minutes. This will take about 1 ½ hours to complete.
4. Refrigerate the remainder of the pre-mixed prep for tomorrow.
5. Continue drinking clear fluids until bedtime.

Be prepared, sometimes the prep starts working right away. Your results from your prep should be a clear to light yellow liquid.

*****THE DAY OF YOUR PROCEDURE – 6 HOURS BEFORE YOUR ARRIVAL TIME*****

For example: If your appointment is at 9:00 a.m.
You will need to start the last half of your Miralax mixture at 3:00 a.m.

1. Take two (2) Ducolax laxative tablets.
2. Drink the remainder of the pre-mixed Miralax-8 ounces every 10 minutes until gone.
3. Drink 3 more 8 ounce glasses of a clear liquid.
4. You may continue drinking clear liquids up to 3 hours before your procedure.
5. Nothing by mouth 3 hours before your arrival time.

Prior to leaving for your 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.



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.

1. **You are to bring your driver's license and insurance card, as well as, a responsible adult (18 or older) who must remain on site until you are discharged and will drive you home.**

- Read and carefully follow any prep instructions that may be enclosed as a thorough prep is **VITAL** to a successful procedure.
- The "Patient Rights and Responsibilities" booklet provides important information for your knowledge including the center's ownership, your rights and responsibilities as a patient, and information about Advanced Directives.

2. **Please complete your on-line medical history form - Simple Admit - as soon as possible or at least one week prior to your procedure.**

- Go to our secure website: www.glbsurgery.com.
- Follow the link in **Complete Your Medical History Now** box.
- Enter this registration password: **GLBSEC222NEW** to begin.

It is important that we get this information ahead of time so that your anesthesia provider can plan your care. For questions call (989) 495-9100.

3. **Please call us at 989-495-9100 two (2) business days before your scheduled date to receive your arrival time for the procedure - call between 1:00pm and 3:00pm.**

Great Lakes Bay Surgery and Endoscopy is open Monday-Friday from 6:30 am - 4:30 pm. Our website provides additional information about our services - www.glbsurgery.com.

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.

