

In order to ensure a complete and successful examination, please follow ALL these instructions carefully:

Surgery Time: \_\_ Surgery Date: \_\_ Day: ☐Monday ☐Tuesday ☐Wednesday ☐Thursday ☐Friday

Please arrive 1 hour earlier @\_\_\_\_\_for registration, nurse and pre anesthesia interview.

If you are **unable to keep your appointment**, call the office **48 hours in advance** to avoid any charges.  
**Note:** Any less time to cancel or reschedule may result in a \$100.00 fee.

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|--|---|
| <div><div>2 wks</div><div>Prior</div></div>          | <div>1.If you take <u>Diet pills</u> not limited to but including, <u>Phenteramine</u> (Phen-Phen Diet Pills), stop this and any type of diet medication 2 weeks prior to procedure</div>   |
| <div><div>1 Wk</div><div>Prior</div></div>           | <div>1. <b>DO NOT EAT</b> foods containing <b>small seeds</b> (nuts, tomatoes, cucumbers, rye, popcorn, sesame, caraway, poppy and grapes).<br/>2.<u>Stop Iron</u>, 1 week before your procedure.</div>   |
| <div><div>7-5-2 days</div><div>prior</div></div>     | <div>1. If you take the following medications, stop according to medical guidelines. If you are a heart patient and taking these medications, <b>consult your cardiologist</b> prior to stopping.<br/>2.<u>Stop Effient (prasugrel)</u> 7 days prior.<br/>3.<u>Stop Coumadin (warfarin), Plavix (clopidogrel) &amp; Brilinta (ticagrelor)</u> 5 days prior.<br/>4.<u>Stop Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban) &amp; Savaysa (edoxaban)</u> 2 days prior.</div>  |
| <div><div>Day Before</div><div>NEXT PAGE</div></div> | <div>1. <b>Follow preparation sheet (attached) carefully</b> and please <b>remove any dark nail polish</b>.<br/>2. During bowel preparation you will lose significant amounts of fluid. THIS IS NORMAL. It is very important that you replace this fluid to prevent dehydration. Drink large amounts of clear liquids. Drinking large amounts of clear liquids also helps ensure that your bowel will be clean for the examination.<br/>3.If you are <b>diabetic</b>, Please <b>hold your diabetic medication the night before</b> your procedure <b>and the morning of</b>. If you need help with medication dosage, please ask your primary doctor</div>  |
| <div><div>Day Of</div><div>Procedure</div></div>     | <div>1.On the <b>morning</b> of your examination, <b>take your heart and/or blood pressure medication</b> between <b>5 &amp; 6 a.m.</b> with a small sip of water Please brush your teeth, do not swallow toothpaste. After your shower, <b>do not use body lotion</b>. NO gum or hard candy. No diabetic medicine.<br/>2.<u>Do not eat or drink anything</u> on the morning of your examination <b>after medicine</b>.<br/>3.<u>Bring someone with you</u> to stay during your procedure and take you home. If you arrive alone, your examination will be cancelled.<br/>1.Please <b>be on time</b>. If you are late, you will be the cause of major delays for all other patients’ under-going similar examinations. Furthermore, if you are late, your examination may be cancelled so that the schedule for other patients can be maintained.</div> |
| <div><div>After</div><div>Procedure</div></div>      | <div>1. After you are <b>discharged</b>, return home. <b>Do not drive</b>, operate machinery, or drink alcoholic beverages for <b>18-24 hours</b>.<br/>2.If you have any complications (vomiting, abdominal pain, tenderness, fever or bleeding) after returning home, call Dr. Sorser at 248-662-4110, after 4 p.m. call the answering service at 866-830-7280.</div>  |

Split Dose Miralax/Dulcolax Bowel Preparation

Importance of DRINKING LIQUIDS during the bowel preparation process

During bowel preparation you will lose significant amounts of fluid. THIS IS NORMAL. It is very important that you replace this fluid to prevent dehydration. Drink large amounts of clear liquids. Drinking large amounts of clear liquids also helps ensure that your bowel will be clean for the examination. A completely clean colon may help avoid the need for a repeat exam.

Read carefully.

Follow the steps listed below



Purchase from Drugstore.

4 Dulcolax Laxative 5 mg tablets

Miralax®: Over the counter 238g

Mix in 64 oz. clear liquid (water or see list) →

DAY BEFORE EXAM

- 1) 8:00 a.m. -9:00 a.m.
- 2 scrambled eggs, 2 slices white toast
- 2) 9:00 a.m. and after
- NO SOLID FOODS
  - CLEAR LIQUIDS ONLY
  - AVOID ALL DAIRY PRODUCTS
  - Your body loses significant amounts of fluid during bowel preparation.
  - In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids.
  - Make a conscious effort to drink as much as you can before, during, and after the preparation.
- 3) 2:00 p.m.
- Take 2 Dulcolax laxative 5mg tablets.
  - Mix the 255 gr. or O.T.C. 238gr. Bottle of Miralax® in 64 ounces of cold clear liquid of your choice.
- 4) 5:00 p.m.
- Start drinking the Miralax® mix. Drink 4 glasses (8 ounces each), 1 glass every 30 minutes until half is complete (32oz)
  - Continue to drink clear liquids until Midnight.

DAY OF EXAM

- 1) \_\_\_\_\_ a.m. 5 HOURS PRIOR- \*\*\* START 2nd HALF 5 HOURS PRIOR TO PROCEDURE. \*\*\*
- Finish drinking the remainder of the Miralax® mix. Drink 4 glasses (8 ounces each), 1 glass every 30 minutes until complete (32oz).
  - Take 2 Dulcolax tablets.
- 2) \_\_\_\_\_ a.m. Nothing by mouth after this time.
- 3 HOURS PRIOR- \*\*\* NOTHING BY MOUTH 3hrs. PRIOR TO PROCEDURE. \*\*\*

ALL DAY LONG

CLEAR LIQUIDS DIET LIST

DO NOT DRINK ANYTHING COLORED RED OR PURPLE

Coffee (no milk or non-dairy creamer)

Sweeteners are okay.

Water

Tea

7-up

Ginger ale

Cola

Sprite

Gatorade

Propel

Strained fruit juices- without pulp

Apple

White cranberry

White grape

Low Sodium chicken or beef broth or bouillon

Hard candies

Jell-O

Popsicles