

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.

<u>2 wks Prior</u>	<p>1.If you take Diet pills not limited to but including, Phenteramine (Phen-Phen Diet Pills), stop this and any type of diet medication 2 weeks prior to procedure.</p>
<u>1 Wk. Prior</u>	<p>1.DO NOT EAT foods containing small seeds (nuts, tomatoes, cucumbers, rye, popcorn, sesame, caraway, poppy and grapes).</p> <p>2.Stop Iron, 1 week before your procedure.</p>
<u>7-5-2 days prior</u>	<p>3.If you take the following medications, stop according to medical guidelines. If you are a heart patient and taking these medications, consult your cardiologist prior to stopping.</p> <ul style="list-style-type: none">• Stop Effient (prasugrel) 7 days prior.• Stop Coumadin (warfarin), Plavix (clopidogrel) & Brilinta (ticagrelor) 5 days prior.• Stop Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban) & Savaysa (edoxaban) 2 days prior.
<u>Day Before</u> <u>NEXT PAGE</u>	<p>1.Follow preparation sheet (attached) carefully and please remove any dark nail polish. 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.</p> <p>2.If you are diabetic, please hold your diabetic medication the night before your procedure and the morning of. If you need help with medication dosage, please ask your primary doctor.</p>
<u>Day Of Procedure</u>	<p>1.On the morning of your examination, take your heart and/or blood pressure medication between 5 & 6 a.m. with a small sip of water Please brush your teeth, do not swallow toothpaste. After your shower, do not use body lotion. NO gum or hard candy. No diabetic medicine.</p> <p>2.Do not eat or drink anything on the morning of your examination after medicine.</p> <p>3.Bring someone with you to stay during your procedure and take you home. If you arrive alone, your examination will be cancelled.</p> <p>4.Please be on time. If you are late, you will be the cause of major delays for all other patients' undergoing similar examinations. Furthermore, if you are late, your examination may be cancelled so that the schedule for other patients can be maintained.</p>
<u>After Procedure</u>	<p>1.After you are discharged, return home. Do not drive, operate machinery, or drink alcoholic beverages for 18-24 hours.</p> <p>2.If you have any complications (vomiting, abdominal pain, tenderness, fever or bleeding) after returning home, call your doctor Greer at 248-662-4110, after 4 p.m. call the answering service at 866-830-7280.</p>

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.

Dulcolax Laxative tablets 5 mg: 4 tablets

Miralax: Over the counter 238g



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

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.

- 1) 2:00 p.m.
 - Take 4 Dulcolax laxative 5mg tablets.
 - Mix O.T.C. 238gr. Bottle of MiraLAX® in 64 ounces of cold clear liquid of your choice.

- 2) 5:00-6:00 p.m. ***** BOWEL PREP *****

- Start drinking the MiraLAX® mix. Drink 8 glasses (8 ounces each), 1 glass every 30 minutes until complete all 64 oz.
- Note: If you experience nauseous feeling extend the prep time (a glass every 45 minutes to 1 hour)
- Continue to drink clear liquids until Midnight.

ALL DAY LONG

CLEAR LIQUIDS DIET LIST

(DO NOT DRINK ANYTHING COLORED RED OR PURPLE)

Water, tea or coffee (no milk or non-dairy creamer) sweeteners are okay.

Soft drinks (7-up, cola, ginger ale, orange, Sprite, etc.) Gatorade, Kool-Aid, lemonade.

Strained fruit juices; without pulp.
(apple, white cranberry, orange, white grape, etc.)

Low sodium chicken or beef bouillon/broth

Hard candies, Jell-O, Popsicles

Diabetic patients- use crystal light

NO sherbets or fruit bars