



Procedure Date: _____

Arrival Time: _____

The time of your appointment may change to reduce wait times and assist patient needs.

Physician: _____

Scheduler: _____

Location: **Surgical Centers of Michigan**

4600 Investment Drive
Suite 270
Troy, MI 48098

Macomb Endoscopy Center

48801 Romeo Plank Road
Suite 101 *Entrance near back of building*
Macomb Township, MI 48042

Corewell Troy Hospital

44201 Dequindre
West Entrance
Troy, MI 48098

St. Joseph Mercy Oakland

44405 Woodward Ave
Pontiac, MI, 48341
Main Entrance

Corewell West Bloomfield

6900 Orchard Lake
Suite 100
West Bloomfield, MI 48322

Important Driving Instructions

You must have an adult 18 years or older **stay on the premises** during the procedure and drive you home afterward. Your procedure will be canceled if you don't have a driver.

Colonoscopy

The purpose of this procedure is to directly visualize the mucosal lining of the colon in order to inspect for disease. The principal risk of colonoscopy is the remote possibility of perforation. Immediately prior to the passage of the instrument, you will be given intravenous lidocaine and propofol. If you are allergic to propofol, lidocaine, latex or eggs please be certain you have notified the office.

Medication

- IMPORTANT** You must discontinue any diet medications or weekly injectable diabetic medications (ozempic, trulicity, mounjaro, etc) 7 days prior to procedure. If you suspect you may be on one, please contact the office as soon as possible, and reference the last page for required guidelines.

****FAILURE TO HOLD MEDICATIONS TO GUIDELINE REQUIREMENTS WILL RESULT IN CANCELLATION OF YOUR PROCEDURE.**

HOLD _____ STARTING _____ UNTIL AFTER PROCEDURE.

HOLD _____ STARTING _____ UNTIL AFTER PROCEDURE.

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Note: Patients who are female at birth, age 50 and under, or has menstruated within the past year will be required to provide a urine specimen at time of arrival.



7 Days

before your
appointment

- 1. Check the Medication Hold List and stop taking medications on listed days.
- 2. Take one capful of MiraLax daily for one week prior to your procedure. (Mix with 4-8oz beverage of your choice).
- 3. Stop all iron supplements and multivitamins with iron. Discontinue fiber supplements (Metamucil, Citrucel, ect). Avoid high fiber foods until after your procedure.

2 Days

before your
appointment

Please refrain from eating foods that contain nuts, seeds or corn. No red, blue or purple liquids until after your procedure. Check medication hold list.

If you have constipation (do not have daily bowel movements; history of constipation, history of poor prep, or have difficulty with colon cleansing), **THEN Please refer to the following timeline:**



Begin a Clear
Liquid Diet



- 1. Eat a light breakfast then **BEGIN a clear liquid diet** and maintain until after your colonoscopy.
- 2. **3:00 pm:** Take two (2) 5mg Dulcolax laxative tablets with water.
- 3. **6:00 pm:** Take two (2) more 5mg Dulcolax laxative tablets with water.

1 Day

before your
appointment

No marijuana/THC, alcohol, solid food or dairy products.

Please continue a clear liquid diet (see Clear Liquid Diet on next page) and **follow the timeline below:**

Maintain a Clear
Liquid Diet



No Red, Blue or
Purple liquids.

- 1. **3:00 pm:** Take two (2) 5mg Dulcolax laxative tablets with water. Mix $\frac{1}{2}$ of the 238g MiraLax in each of the 32oz of Gatorade/other clear liquid until dissolved. Chill in refrigerator until 6:00 pm.
- 2. **6:00 pm:** Drink the first 32oz Gatorade/other clear liquid and MiraLax solution at a rate of 8oz every 15-20 minutes until gone.
- 3. **8:00 pm:** Take two (2) 5mg Dulcolax laxative tablets with 8oz of clear liquids and continue clear liquids until bed time.

Day

of your
appointment

On the day of your appointment, please follow this timeline:

Maintain a Clear
Liquid Diet



No Red, Blue or
Purple liquids.



Nothing by mouth
4 hours before your
appointment

- 1. **12:00 am (midnight):** Begin your second 32 oz of Gatorade/ other clear liquid and MiraLax solution. Drink the solution at a rate of 8 oz every 15-20 minutes until gone.
- 2. **Four hours before your arrival time:** Consume nothing by mouth until after your procedure with the exception of some medications. **See IMPORTANT below.**

IMPORTANT: If you are prescribed seizure, **blood pressure** and/or heart medications then take your medication 2 hours prior to your arrival time with 2oz of water or less. **DO NOT** take any medications containing a diuretic (water pill).

No chewing tobacco, chewing gum, mints or hard candy until after your procedure.

*See Medication, Allergy and Surgery list. Please fill out and bring to your procedure.

Clear Liquid Diet

It is essential that you begin and follow a clear liquid diet 2 days prior to your appointment if you are constipated or 1 day if you are regular and maintain clear liquids until after your procedure. Notice that the color of the liquids you consume is important. **Refrain from consuming anything with red, blue or purple dyes.**

You can have:

- Coffee, tea, without cream or milk
- Soda/pop: cola, sprite, ginger-ale
- Electrolyte drinks (propel, Gatorade, Powerade, Vitamin Water)
- Pulp free juices (apple, white grape, or white cranberry juice)
- Plain jello (no red, blue or purple colors)
- Clear soups and/or broth (strain off all vegetables, meats and/or noodles)
- Popsicles (no red, blue, or purple colors)
- Artificially sweetened powdered drinks (Kool-aid, tang, crystal light - no red, blue, or purple colors)
- Sorbet that does not contain milk or chunks of fruit

No milk or milk byproducts (cheese, yogurt)

No grapefruit, tomato, V-8, or orange juice

No alcohol

Shopping List

- 10 tablets of 5mg Dulcolax (Bisacodyl) Laxative Tablets
- One 8.3oz (238g) bottles of MiraLax (day 7 prep)
- One 8.3oz (238g) bottles of MiraLax (day 1 prep)
- Two (2) 32 oz Bottles of Gatorade or other clear liquid (clear, yellow, orange or green only)
- Fleet Enema (If your bowel movements are not clear the morning of your colonoscopy)

Results and Follow-Up

Please go home and rest for the remainder of the day. Do not drive or work for the rest of the day. Your physician will discuss test results with you and your family member following the procedure. You will be given written instructions for diet, activity, and follow up instructions. If biopsies were taken, your instruction sheet will also provide information on how you will receive results.

Billing Procedure

There may be up to 4 charges associated with your procedure (Physician, Hospital/Facility, Anesthesia, and Lab). Please verify with your insurance carrier your benefit coverage for each, as well as verifying your screening and diagnostic benefits. Financial Counseling is available.



Canceling Procedures- We understand things come up and on occasion you may need to cancel or reschedule a procedure. Colonoscopies are life saving diagnostic and cancer prevention tools. We ask that if you must cancel or reschedule, please do so within ten (10) business days prior to the procedure so another patient can take advantage of this potentially life saving care.

To cancel or reschedule a procedure please call (248) 844-9710

Medication Hold List

Hold 7 Days Before Procedure	Hold 5 Days Before Procedure	Hold 3 Days Before Procedure	Hold 2 Days Before Procedure	Hold 1 Day Before Procedure
Dulaglitide (Trulicity)	Clopidogrel (Plavix) if taking with apixaban (Eliquis) or Aspirin.	Canagliflozin (Invokana)	Apixaban (Eliquis)	Dabigatran (Pradaxa)
Exenatide ER (Byetta, Bydureon)		Dapagliflozin (Farxiga)	Rivaroxaban (Xarelto)	Edoxaban (Savaysa)
Liraglutide (Saxenda, Victoza)	Ticagrelor (Brilinta) if taking with Aspirin	Empagliflozin/Metformin (Synjardy)		NSAIDS (Aspirin, Ibuprofen, Naproxen Sodium, Meloxicam)

Lixisenatide (Adlyxin)	<p>If you are currently taking one of the medications above, STOP taking this medication as directed above. Failure to do so may result in a delay or cancellation of your procedure. These medications cause a delayed emptying of your stomach contents and can increase your risk of aspiration. Aspiration is when stomach contents are uncontrollably regurgitated</p>	Empagliflozin (Jardiance)
Naltrexone/Bupropion (Contrave)		Empagliflozin/Linagliptin/Metformin (Trijardy)
Phentermine (Adipex-P)		**Rybelsus - if taken daily hold for 3 days
Prasugrel (Effient) If taking with Aspirin		Warfarin (Coumadin)
Semaglutide (Ozempic, Wegovy, *Rybelsus)		
Tirzepatide (Mounjaro, Zepbound)		
*Rybelsus - If taking weekly hold for 7 days		

into the lungs under anesthesia. This can result in respiratory complications that may cause you to be transported to a hospital for care. **Do not take any blood thinners or oral diabetic medications the day of your procedure.**

You will receive a call from a surgery center nurse to discuss your medications and answer any questions you may have before your procedure. If you have any questions or concerns please give us a call at (248) 844-9710 option 5 for Surgical Centers of Michigan and option 6 for Macomb Endoscopy Center and we will be happy to assist.

Please refer to the drug facts included in your prep medications from the pharmacy for information regarding possible side effects.

If you have urgent concerns after hours, please call (248) 844-9710 and you will be directed to our answering service.

Oral Meds - 1 Day before procedure take a half dose in the morning and hold the evening dose, do not take the day of the procedure.

Acarbose (Precose)	Nateglindine (Starlix)
Alogliptin (Nesina)	Pioglitazone (Actos)
Bromocriptine (Cycloset)	Repaglinide (Prandin)
Colesevelam (Welchol)	Rosiglitazone (Avandia)
Glimepiride (Amaryl)	Saxagliptin (Onglyza)
Glipizide (Glucotrol)	Sitagliptin (Januvia)
Glyburide (Glynase)	Sitagliptin/Metformin (Janumet)
Linagliptin (Trijardy)	
Metformin (Fortemet, Glucophage, Glumetza) *Can also be taken for PCOS.	

Insulin Injections

Long Acting Insulin - Administer 1/2 of normal dose the morning of the procedure	Short-acting Insulin - Do not administer the day of unless on a continuous pump
Degludec (Tresiba)	Aspart (Novolog)
Detemir (Levemir)	Glulisine (Apidra)
Glargine (Basaglar, Lantus, Rezvoglar, Semglee, Toujeo)	Lispro (Humalog)
	NPH (Humulin, Novolin)
	Regular (Humulin, Novolin)

