Center for Digestive Health
Call Us: (248) 844-9710
Text Us: (248) 453-7315
center4digestivehealth.com

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Procedure Date: _____

Arrival Time: _____

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

Physician: _____

Location: _____

- ☐ **Surgical Centers of Michigan**
  4600 Investment Drive
  Suite 270
  Troy, MI 48098
- ☐ **Corewell Troy Hospital**
  44201 Dequindre
  Troy, MI 48098
- ☐ **Corewell West Bloomfield**
  6900 Orchard Lake
  Suite 100
  West Bloomfield, MI 48322
- ☐ **Macomb Endoscopy Center**
  48801 Romeo Plank Road
  Suite 101 *Entrance on left side of the building*
  Macomb Township, MI 48044
- ☐ **Lapeer County Surgical Center**
  1546 Calis Rd.
  Lapeer, MI, 48446
- ☐ **McLaren Lapeer Regional Hospital**
  1375 N. Main Street
  Lapeer, MI, 48446
- ☐ **St. Joseph Mercy Oakland**
  44405 Woodward Ave
  Pontiac, MI, 48341
  Main Entrance

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 polyps, inflammation, cancer, etc. It is used to detect colon cancer and remove potentially cancer causing polyps. 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 scheduler.

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.

HOLD _____ STARTING _____UNTIL AFTER PROCEDURE.

HOLD _____ STARTING _____UNTIL AFTER PROCEDURE.

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.

Colonoscopy Prep Instructions

7 Days before your appointment

- ☐ **1. Check the Medication Hold List and stop taking medications on listed days.**
- ☐ **2. 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. 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:**



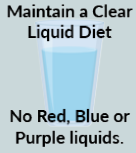


- ☐ **1.** Eat a light breakfast then **BEGIN a clear liquid diet** and maintain until after your colonoscopy.
- ☐ **2. 3:00 pm:** Take two (2) 5mg Dulcolax laxative tablets with water.
- ☐ **3. 6:00 pm:** Take two (2) more 5mg Dulcolax laxative tablets with water.

1 Day before your appointment

No marijuana/THC, alcohol, solid food or dairy products. No red, blue or purple liquids until after your procedure. Check the medication hold list

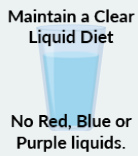
Please continue/start a clear liquid diet (see Clear Liquid Diet on next page) and **follow the timeline below:**



- ☐ **1. 3:00 pm:** Take two (2) 5mg Dulcolax laxative tablets with water. Mix ½ of the 238g MiraLax in each of the 28oz of Gatorade/other clear liquid until dissolved. Chill in refrigerator until 6:00 pm.
- ☐ **2. 6:00 pm:** Drink the first 28oz 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:




Nothing by mouth 4 hours before your appointment

- ☐ **1. 12:00 am (midnight):** Begin your second 28 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 Parkinson's, 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 your diuretic (water pill).

No chewing tobacco, chewing gum, mints or hard candy until after your procedure. Please do not bring valuables and jewelery with you to 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 1 prep)
- ☐ Two (2) 28oz 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 the 2 Days Before Procedure	Hold 1 Day Before Procedure
Any GLP on Clinical Trial	Clopidogrel (Plavix) IF TAKING WITH ASPRIN	Canagliflozin (Invokana)	Apixaban (Eliquis)	Dabigatran (Pradaxa)
Dulaglitide (Trulicity)	Clopidogrel (Plavix) IF TAKING WITH APIXABAN (Eliquis)	Dapagliflozin (Farxiga)	Rivaroxaban (Xarelto)	Edoxaban (Savaysa)
Exenatide ER (Byetta, Bydureon)	Ticagrelor (Brilinta) IF TAKING WITH ASPRIN	Dapagliflozin/Metformin (Xijduo)		NSAIDS (Aspirin, Ibuprofen, Naproxen Sodium, Meloxicam)
Insulin glargine/Lixisenatide (Soliqua)		Empagliflozin/Metformin (Synjardy)		
Liraglutide (Saxenda, Victoza)		Empagliflozin (Jardiance)		
Lixisenatide (Adlyxin)		Empaglifozin/Linagliptin/Metformin (Trijardy)		
Naltrexone/Bupropion (Contrave)		Oral Daily Orforglipron (Foundayo)		
Phentermine (Adipex-P)		Oral Daily Semaglutide (Rybelsus, Wegovy)		
Prasugrel (Effient) IF TAKING WITH ASPRIN		Warfarin (Coumadin)		
Semaglutide (Ozempic, Wegovy, *Rybelsus)				
Tirzepatide (Mounjaro, Zepbound)				

You may continue taking Asprin, please hold the morning of your procedure

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 (Tradjenta)	
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)

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 into the lungs under anesthesia. This can result in respiratory complications that may cause you to be transported to a hospital for care.

If you are taking injectable anticoagulants (Atrixtra, Heparin, Fragmin, Lovenox, etc), an office visit with your performing gastroenterologist is needed prior to your procedure

You will receive a text or 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 select option 5 for Surgical Centers of Michigan, and select option 6 for Macomb Endoscopy Center. You will recieve a text or call from a team member a few days prior to your procedure with the arrival time. (Text number: 248-453-7315)

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

Patient's Name:

Driver's Name:

Driver's Phone Number:

Medication, Allergy, and Surgery List

Medication	Dose	Frequency

Allergy	Reaction	Surgery