

Macomb Endoscopy Center
48801 Romeo Plank Rd. Ste 101
Macomb, MI 48044

Surgical Centers of Michigan
4600 Investment Dr. Ste 270
Troy, MI 48098

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Richard T. Wille, MD
Partha S. Nandi, MD, FACP

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Date of Procedure:



Macomb Endoscopy Center and Surgical Centers of Michigan Colonoscopy Prep Instructions – Dr. Bakken, Dr. Donat & Dr. Nandi’s Beaumont Patients

| 3 to 5 Days Prior to Colonoscopy | 1 Day Prior to Colonoscopy | Day of Colonoscopy |
|--|---|--|
| <p>Arrange for a licensed driver who will register with you, remain in the waiting room during your procedure and drive you home.</p> <p>Contact prescribing physicians for instructions on Insulin and diabetic medications.</p> <p>Stop all marijuana, iron supplements/multivitamins with iron.</p> <p>Discontinue fiber supplements (Metamucil, Citrucel, etc.)</p> <p>Avoid high fiber foods (See Important Colonoscopy Information for examples).</p> | <p style="text-align: center;"><u>Shopping List</u></p> <ul style="list-style-type: none"> • 5mg Dulcolax Tablets (4 tablets) • 238gm MiraLax (will be split into 2 bottles of Gatorade) • 2-32 oz Gatorade (clear, yellow, orange or green only) • Fleet Enema • 10 oz Magnesium Citrate | <p>No alcohol, solid food or dairy products. Avoid anything red, blue or purple.</p> <p>Please begin a clear liquid diet (See Important Colonoscopy Information for examples).</p> <p>12:00 pm: Drink one 10 oz bottle of Magnesium Citrate (refrigerated) over several minutes. After Magnesium Citrate is completed, drink at least three 8 oz glasses of clear liquids. Continue a clear liquid diet for the rest of the day.</p> <p>3:00 pm: Take two 5mg Dulcolax tablets with water. Mix ½ of the 238gm MiraLax in each of the 32 oz of Gatorade until dissolved. Chill in refrigerator.</p> <p>6:00 pm: Drink the first 32 oz Gatorade/MiraLax solution at a rate of 8 oz every 15-20 minutes until gone.</p> <p>8:00 pm: Take two 5mg Dulcolax tablets with 8 oz of clear liquids and continue clear liquids until bedtime.</p> |
| <p>Begin your second 32 oz of Gatorade/MiraLax solution 5 hours prior to your arrival time. Drink the solution at a rate of 8 oz every 15-20 minutes until gone.</p> <p>Continue not to eat. No drinking (including water) four hours before arrival time, except for medications listed below.</p> <p>Take seizure, blood pressure and/or heart medications with 2 oz of water or less the morning of your procedure. DO NOT take your diuretic (water pill).</p> <p>NO chewing gum, mints or hard candy until after your procedure.</p> <p>*See back for medication, allergy and surgery list. Please fill out and bring to your procedure.</p> | | |



Medication, Allergy and Surgery List

| Medication | Dose | Frequency |
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| Allergy | Reaction | Surgery |
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Important Colonoscopy Information

- ❖ No eating or drinking (including water) four hours before arrival time **except** for seizure, blood pressure and/or heart medications. No chewing gum, mints or hard candy until after your procedure. **YOUR PROCEDURE WILL BE CANCELLED IF YOU EAT OR DRINK.**
- ❖ **Your procedure will be cancelled if you do not have a driver. You will not be able to drive the entire day of your procedure.**
- ❖ **ATTENTION ALL WOMEN:** A urine specimen is required upon arrival, unless you have had a hysterectomy or are 51 years or older and have been in menopause for a year.
- ❖ High fiber foods include fruit skins, fresh or dried fruit, grapes, tomatoes, whole grain bread/cereal, seeds, nuts, popcorn, beans and green beans.
- ❖ A clear liquid diet includes liquids you can see through such as: clear broth or bouillon, water, pop (Vernors, Sprite), popsicles, Propel, Jello, **pulp-free** fruit juices (apple, white grape). The following beverages are also acceptable: Coke/Pepsi, lemonade, Gatorade/Vitamin waters (except red, blue or purple), coffee or tea – sugar/substitute is ok but NO milk or creamer.
- ❖ Apply petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools. Consider use of a protective barrier for bedding.
- ❖ If your last bowel movement is not clear or yellow liquid the morning of your colonoscopy, use a fleet enema. Use only if you do not have kidney disease and are under the age of 70.

Please review the following section if you are taking any of the listed medications. If you have been placed on these medications within the last year, contact your cardiologist for instructions and inform your physician of any changes that have been made.

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| Aspirin | Continue |
| Aspirin with Effient/Prasugrel | Stop Effient 7 days prior |
| Aspirin with Brilinta/Ticagrelor | Stop Brilinta 5 days prior |
| Aspirin with Plavix/Clopidogrel | Stop Plavix 5 days prior |
| Plavix, Effient, Brilinta only | Continue |
| Coumadin/Warfarin | Stop 3 days prior. If you have valvular disease or hyper-coagulable state, discuss with prescribing physician regarding a Lovenox/Enoxaparin Sodium Bridge. |
| Pradaxa/Dabigatran, Eliquis/Apixaban, Xarelto/Rivaroxaban, *NSAIDs | Stop 1 day prior |

*Ibuprofen, Motrin, Advil, Aleve, Mobic