

Professional Village Medical Center
13700 19 Mile Road
Sterling Heights, MI 48313
P: (586) 247-6020

Patient Name: _____

Procedure Date: _____ Procedure Time: _____ (AM/PM) SUITE B

YOU WILL NEED A DRIVER TO TAKE YOU TO AND FROM THIS APPOINTMENT!

COLONOSCOPY

PRIOR TO PROCEDURE:

1. No Aspirin products 10 Days prior to the procedure, unless otherwise advised by your physician
2. No Coumadin, Plavix, Heparin, Lovenox or non-steroidal medications, e.g. Advil, Motrin, Naprosyn, Aleve, etc. 3 DAYS prior to procedure. **HOWEVER, IF YOU TAKE PLAVIX FOR A STENT IN THE CORONARY ARTERIES—DO NOT STOP TAKING YOUR PLAVIX**
3. You may take Tylenol up until the day of the procedure
4. No Iron products 3 days prior to procedure

DAY BEFORE THE COLONOSCOPY: For the entire day prior to the colonoscopy, you should have a clear liquid diet. This means anything you can see through. Clear Liquids Include:

- Strained fruit juices (without pulp) Such as apple, white grape, lemonade
- Water, clear broth or bouillon
- Clear soda, such as ginger-ale, 7-up etc.
- Coffee or tea without milk, creamer or sugar is permitted.
- Kool-aid, Gatorade, Plain jello (without added fruit), popsicles (any flavor except red, purple, or blue). Yellow, orange, and green colors are permitted
- You cannot have any food during this time period. No alcohol is permitted.

At 3PM, START MIRALAX PREP:

Miralax & Dulcolax laxative tablets can be purchased over the counter

- 3pm- (2) Dulcolax laxative tablets with a glass of water
- 6pm- Mix (1) 238 gram bottle of Miralax powder in a 64oz of Gatorade, Drink an 8 oz glass every 15-20 minutes until gone. (Approx 1-2 hours)
- 9pm (2) Dulcolax laxative tablets with a glass of water.
- Clear Fluids until midnight.

REMEMBER: NOTHING TO EAT OR DRINK AFTER MIDNIGHT ON THE DAY OF COLONOSCOPY

DIABETICS: If you are insulin dependent, you should take a half dose of your long acting insulin only. If your diabetes is controlled by oral medication, you should not take your medication until after the procedure. (Please do take any blood pressure, seizure or heart medications with a small sip of water the morning or your procedure)

Please bring a list of all your medication the day of the procedure

Cancellation Policy

72 hours prior to procedure or a substantial fee could be charged to you