

# OAKLAND SURGICAL SPECIALISTS

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## ***PATIENT INFORMATION SHEET***

Patient Name \_\_\_\_\_

EGD/Colon Date: \_\_\_\_\_

The hospital will contact you the **DAY BEFORE** your procedure (or on Friday for Monday procedures), with the time of the procedure. **You must report to AMBULATORY SURGERY at BOTSFORD HOSPITAL the morning of your procedure.** This is located in the North Professional Building Suite 104. If for some reason you do not hear from the hospital before **2:30pm the day before** your procedure, please **call (248) 471-8420**, and they will be happy to assist you.

**You must have a driver with you for the entire time of the procedure (approx. 3 hours).**

**READ AND FOLLOW THE INSTRUCTIONS CAREFULLY. DO NOT EXCEED THE RECOMMENDED DOSAGE, AS SERIOUS SIDE EFFECTS MAY OCCUR.**

### **THE DAY BEFORE YOUR PROCEDURE:**

#### **COLONOSCOPY PREP**

1. **DRINK ONLY CLEAR LIQUIDS** throughout the day. You may have: water, bouillon, broth, coffee or tea (without cream or milk), sports drinks, popsicles, plain Jell-O (without fruit), Kool-Aid or other fruit flavored drinks, and strained fruit juice without pulp.

**AVOID: MILK OR MILK PRODUCTS, ANYTHING COLORED RED OR PURPLE.  
NO SOLID FOODS.**

2. **DISCONTINUE THE FOLLOWING MEDICATIONS**

Aspirin, NSAIDs (Motrin like drugs), Iron, Coumadin: 3 days prior

Plavix: 5 days prior

Ticlid: 14 days prior

Insulin – bring with you day of procedure

You **may take** your High Blood Pressure and/or Heart medications with a small sip of water the morning of the procedure.

### 3. MIRALAX-GATORADE PREP:

You will need to purchase the following:

Miralax (over the counter) in an 8.3oz (238gm) bottle.

Dulcolax laxatives (not stool softeners), 4 tablets.

A total of 64 ounces of Gatorade – NO RED OR PURPLE.

*If you are diabetic or need to watch your salt intake, try “G2” (low calories) or “Powerade Option/Zero” as another choice.*

*No prescription is needed for the Miralax or Dulcolax. It is okay to substitute brand name with a less expensive generic.*

- a. Mix the entire bottle of Miralax with 2 quarts of Gatorade in a large pitcher. Stir, chill, add ice and let set for a few minutes.
- b. Between 4-7pm the evening before, take all 4 Dulcolax tablets. It will probably take 2-3 hours before results begin. If you are a frequent laxative user, please start with double your USUAL effective Dulcolax dose (or call the office if there are any questions).
- c. Two hours after you take the Dulcolax tablets, start drinking the chilled Miralax mixture. You should pace yourself to drink about eight 8oz glasses (64 oz) over a 2-4 hour period. (Roughly one glass every 15-30 minutes until finished.)
- d. Expect to use the facilities at least 10-15 times. The stool should be clear, lemonade-like, not sludgy or brown. Expect some cramping.

**Nothing to eat or drink after midnight**