



# Alliance HEALTH

A Member of Henry Ford Macomb Hospitals

## COLONOSCOPY PREP

### PLEASE READ IN ITS ENTIRETY

- YOU WILL RECEIVE A CALL FROM OUR OFFICE TO SCHEDULE YOUR PROCEDURE: Amber L. (586) 649-9009 Ext. 708 – Fax: (586) 690-8632
  - IF YOU CANNOT KEEP THE APPOINTMENT, PLEASE PROVIDE AT LEAST 72 HOURS CANCELLATION NOTICE TO AMBER.
  - THE HENRY FORD MACOMB HOSPITAL WILL CALL THE DAY BEFORE WITH THE TIME OF YOUR PROCEDURE - BETWEEN 12-3 P.M.
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- 1 WEEK PRIOR AVOID NUTS AND SEEDS OF ANY KIND, TOMATOES, POPCORN, CORN
  - MEDICATIONS – HOLD - NSAIDS, IRON SUPPLEMENTS, OMEGA 3 FATTY ACIDS (FISH OIL)
  - IF YOU ARE TAKING ANY BLOOD THINNERS OR DIABETIC MEDICATION PLEASE DISCUSS WITH DRs. REFAI OR NEELAM OR OFFICE STAFF FOR INSTRUCTIONS
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YOU WILL NEED TO PURCHASE: 238 gm of Miralax (8.3 oz bottle)

64 oz of Gatorade (NOT RED OR PURPLE)

4 Dulcolax Stool Softener Tablets –

5mg each – total = 20mg

DAY BEFORE THE PROCEDURE:

- No Solid Foods. Clear liquid diet all day. NO RED/PURPLE DYES
- YOU CAN HAVE: black coffee, jell-o, clear broth, strained fruit (no pulp) juices, popsicles

### PREPARATION:

- Mix the 238 gm of Miralax into the 64 oz. Gatorade bottle. (you will drink half in the morning and the other half in the evening)
- 8:00 a.m. – Take 2 Dulcolax Tablets (5 mg each)
- 9:00 a.m. – Drink half (32 oz) of the Gatorade/Miralax mix (drink an 8 oz glass every 15-20 minutes until gone)
- 4:00 p.m. – Take 2 Dulcolax Tablets (5 mg each)
- 7:00 p.m. – Drink the remaining (32 oz) of the Gatorade/Miralax mix. (Drink an 8 oz glass every 15-20 minutes until gone)
- Clear Fluids until Midnight
- Nothing by mouth after Midnight

### DAY OF THE PROCEDURE:

- Nothing to eat or drink until after your procedure
- DO NOT TAKE ACE INHIBITORS: Lisinopril, Lotensin, Vasotec, Accupril – Please consult your Physician OR Primary Care Physician if you are unsure if you take an ACE inhibitor
- You may take other blood pressure heart and /or seizure medication with just enough water to get the pills down.

REMEMBER SINCE SEDATION IS USED YOU MUST HAVE SOMEONE DRIVE YOU TO THE HOSPITAL, STAY DURING THE PROCEDURE, AND DRIVE YOU HOME FROM THE HOSPITAL.

HENRY FORD MACOMB HOSPITAL  
15855 19 Mile Road  
Clinton Township, MI 48038  
(586) 263-2300  
(Drive to the North Entrance)