



# Alliance HEALTH

Kim Flowers  
GI Coordinator  
Monday - Friday 8:00am - 4:00pm  
(586) 649-9009 ext. 713

*A Member of Henry Ford Health*

## COLONOSCOPY PREP

### **PLEASE READ IN ITS ENTIRETY**

- You will receive a call from our office to schedule your procedure.  
You can also call the office at (586) 649-9009, option 3 if you wish to speak with a member of our Alliance Health staff.
- If you cannot keep the appointment, please provide at least 72 hours cancellation notice.
- The Henry Ford Macomb Hospital will call the day before with the time of your procedure - between 12-4 p.m.

**If you have not received a call by 3:45 p.m., please call 586-263-2120, ext. 0 to get your arrival time**

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- 1 Week prior avoid nuts and seeds of any kind, tomatoes, popcorn, corn
  - 5 Days prior hold the following medications – NSAIDs, iron supplements, omega 3 fatty acids (fish oil)
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### **YOU WILL NEED TO PURCHASE:**

- 238 gm of Miralax (8.3 oz bottle) or generic brand miralax
- 62 oz of Gatorade (NOT RED, PURPLE OR BLUE)
- 4 Dulcolax Laxitive Tablets – 5mg each – total = 20mg

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

- No Solid Foods. Clear liquid diet all day. NO RED/PURPLE/BLUE DYES
- YOU CAN HAVE: black coffee, jell-o, chicken or beef bouillon or broth, strained fruit juices (apple, white grape, lemonade, orange - no pulp), popsicles, (No Crystal Light), soft drinks (ginger ale, cola, sprite, 7-Up)

## **PREPARATION:**

- Mix the 238 gm of Miralax into the 62 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 (31 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

## **DAY OF THE PROCEDURE:**

- Be aware of any feelings of low blood sugar and if you experience these, please check your blood sugar level and if it is too low you may drink regularly sugared juice to stabilize yourself.
- DO NOT TAKE ACE INHIBITORS, ARBS, OR DIURETICS: 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.

### **3 hours before arrival time**

- do not eat anything
- Please drink up to 12 oz. (1.5 cups) Gatorade or Powerade (No reds, purples or blues)

### **2 hours before arrival time**

- do not eat anything in the 2 hours before your arrival time
- do not drink anything in the 2 hours before your arrival time

**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

(Enter through the Main Entrance)