PLEASE report to the Admitting Department at ________ on ________ at ________ a.m./p.m. Procedure time: ________ a.m./p.m. Plan to be there 2 – 4 hours. The purpose of this procedure is to directly view the lining of the colon to inspect for disease. The main risk is the remote possibility of perforation. Immediately prior to the passage of the instrument, you may be given intravenous Demerol and Versed, or possibly other sedating agents. If you are ALLERGIC to either of these medications, or to LATEX, please be certain you have notified the office.

SOMEONE MUST DRIVE YOU TO YOUR PROCEDURE. STAY WITH YOU, THEN DRIVE YOU HOME. IF YOU HAVE TO TAKE A BUS OR CAB AS LAST RESORT, YOU MUST BE ACCOMPANIED BY RESPONSIBLE ADULT. NO EXCEPTIONS! YOU MAY NOT RESUME DRIVING OR OPERATE HEAVY EQUIPMENT FOR THE REST OF THE DAY.

PATIENT INSTRUCTIONS – for the MIRALAX BOWEL PREP:
You will need to purchase: four (4) Dulcolax laxative tablets; two (2) 32 oz. bottles of Gatorade (NO RED OR PURPLE); and MIRALAX 238g bottle. All available over-the-counter.

INSTRUCTIONS – DAY BEFORE PROCEDURE:
* PLEASE DRINK FLUIDS THROUGHOUT THE DAY, ENSURING YOU ARE WELL HYDRATED.

* DIABETIC PATIENTS: USE ½ YOUR INSULIN DOSE. DO NOT TAKE YOUR DIABETIC PILLS TODAY.

* DO NOT take any medication within 2 hours of taking Miralax mix.

1. Start a clear liquid diet at breakfast, continue all day and until after the colonoscopy.
2. Drink only clear liquids for breakfast, lunch and dinner. NO FOOD ALLOWED. No alcohol. DO NOT DRINK OR EAT ANYTHING RED OR PURPLE.
3. At 12:00 p.m., take four (4) Dulcolax tablets with water.
4. At 6:00 p.m., mix half (119g) of the 238g bottle of MIRALAX into a 32 oz. GATORADE (NO RED OR PURPLE). Shake the solution until the MIRALAX is dissolved. Drink an 8 oz. glass of the solution every 10 – 15 minutes until the solution is GONE. **GATORADE may be chilled if desired.**

** You can suck on hard candy for nausea. If there is no laxative effect 3 hours after taking the Miralax, call the office to speak with the Doctor on-call.**

DAY OF PROCEDURE:
* You may take any heart or blood pressure medications in the morning. *

5 hours before your colonoscopy time: mix other half (119g) of the 238g bottle of MIRALAX into a 32 oz. GATORADE (NO RED OR PURPLE) as directed above, drinking an 8 oz. glass of the solution every 10 – 15 minutes.
Prep must be finished 3 hours before your colonoscopy procedure time).
After you complete the prep, do not take any other liquid or food.

* DIABETIC PATIENTS: PLEASE CHECK YOUR BLOOD SUGAR, IF ABLE, AND TAKE YOUR MEDICATION WITH YOU TO THE HOSPITAL. USE ½ YOUR USUAL INSULIN DOSE.
DO NOT TAKE YOUR DIABETIC PILLS THIS MORNING.

* You can eat or drink as soon as you feel you are alert enough to.
*** See page Two (2) for medications to stay away from prior to your procedure.***
*** See page Three (3) for full list of diet requirements.***
From the office of Dr.s Coffey, Julien and Oppeanu:

If you are on any blood thinners, e.g. PLAVIX, LOVENOX, TICLID, COUMADIN, please be certain you have notified the office. Stop medication as directed.

If you are taking any of the medications listed below, they would need to be stopped prior to any scheduled procedure either 1 or 2 weeks before.

**MEDICATIONS TO STOP ONE (1) WEEK BEFORE**

ALL over-the-counter medications (EXCEPT TYLENOL products). _This can include any of the following (and some that may not be listed):_

- ASPIRIN
- EXCEDRIN
- IRON PILLS
- VITAMIN E (Alone)
- MOTRIN
- ADVIL
- ALEVE
- IBUPROFEN

Stop NON-STERoidal / ANTI-INFLAMMATORY medications such as:

- DAYPRO
- VOLTAREN
- FELDENE
- CLINORIL
- NAPROSYN
- RELAFEN

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**HERBALS & MEDICATIONS TO BE OFF TWO (2) WEEKS PRIOR TO GENERAL ANESTHESIA, PER DEPARTMENT OF ANESTHESIA**

<table>
<thead>
<tr>
<th>MEDICATIONS</th>
<th>HERBALS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. DIET PILLS</td>
<td>1. GINSENG</td>
</tr>
<tr>
<td>2. FENFLURAMINE</td>
<td>2. FEVERFEW</td>
</tr>
<tr>
<td>3. PHENTERMINE</td>
<td>3. GINGER</td>
</tr>
<tr>
<td>4. EPHEDRA</td>
<td>4. GOLDSEAL</td>
</tr>
<tr>
<td>5. PONDIMIN</td>
<td>5. LICORICE</td>
</tr>
<tr>
<td>6. IONAMIN</td>
<td>6. VALERIAN</td>
</tr>
<tr>
<td>7. FASTIN</td>
<td>7. GARLIC</td>
</tr>
<tr>
<td>8. METABOLIFE</td>
<td>8. KAVA KAVA</td>
</tr>
<tr>
<td>9. REDUX</td>
<td>9. ST. JOHNS WORT</td>
</tr>
<tr>
<td>10. CENTRUM PERFORMANCE</td>
<td>10. GINKO BILOBA</td>
</tr>
<tr>
<td>11. MERIDIA</td>
<td></td>
</tr>
</tbody>
</table>
CLEAR LIQUID DIET

Description: The clear liquid diet provides clear fluids, which leave minimal residue and require a minimum of digestive action.

* * * **NO RED or PURPLE, jell-o, pop or popsicles** * * *

<table>
<thead>
<tr>
<th>FOOD GROUPS</th>
<th>FOODS ALLOWED</th>
<th>FOOD TO AVOID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beverages</td>
<td>Black Coffee only (NO CREAM), tea, 7-up, ginger ale</td>
<td>Milk and milk drinks</td>
</tr>
<tr>
<td>Breads and Cereals</td>
<td>NONE</td>
<td>ALL</td>
</tr>
<tr>
<td>Desserts</td>
<td>Fruit-flavored gelatin and popsicles (NO RED or PURPLE)</td>
<td>All others</td>
</tr>
<tr>
<td>Fats</td>
<td>NONE</td>
<td>ALL</td>
</tr>
<tr>
<td>Fruit Juices</td>
<td>Apple or white grape juice</td>
<td>All others</td>
</tr>
<tr>
<td>Meats</td>
<td>NONE</td>
<td>ALL</td>
</tr>
<tr>
<td>Soups</td>
<td>Clear broth and consommé</td>
<td>All others</td>
</tr>
<tr>
<td>Sweets</td>
<td>Sugar, honey, syrup and hard candy</td>
<td>All others</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Salt and flavorings</td>
<td>All others</td>
</tr>
</tbody>
</table>

SAMPLE MENU

Morning

Clear Juice Broth
Flavored Gelatin Coffee or Tea
Sugar

Noon

Clear Juice Broth
Flavored Gelatin Coffee or Tea
Sugar

Evening

Clear Juice Broth
Flavored Gelatin Coffee or Tea
Sugar
What to expect when arriving at the hospital for your scheduled colonoscopy:

On the day of your examination, when you arrive at the hospital at your admitting time, please let the nurses know that you are here. Usually an intravenous (IV) is started to give you medication just before the examination to make you drowsy. You will then be brought to the Endoscopy Room for your examination. The examination usually takes about one hour. You will have some discomfort and feeling of fullness, but you should not have any pain. After the exam, you will be observed in the outpatient surgery department for a short time, and then allowed to go home with someone who can drive you.

Most people feel tired for one or two days after the exam, so it is important to REST. Because of the preparation, you may not have a bowel movement for up to several days after the colonoscopy.

It is not unusual to see small amounts of blood in the stool after the examination for seven to ten days, especially if a polyp has been removed or biopsied.

Usually the colonoscopy goes smoothly and there are no problems after the exam. However, if you see more than a streak or spot of blood in the stool; notice steady or increasing pain in the abdomen; or more than mild nausea, please call (517) 372-0500 anytime to speak to either Dr. Coffey, Dr. Julien or Dr. Opreanu. Please do not hesitate to call us for any concerns or questions you have about the procedure.

Please let our office know at least one week in advance if this procedure needs to be rescheduled or cancelled. We reserve the right to charge a fee of $100.00 for procedures that are missed or repeatedly cancelled with less than the required notice as defined.

Thanks in advance from the offices of Dr. Coffey, Dr. Julien and Dr. Opreanu