

Standard Colonoscopy Prep Guidelines

5-7 days prior to colonoscopy	One day prior to colonoscopy	Day of the colonoscopy
<ul style="list-style-type: none"> • Pick up bowel prep supplies • Have a plan for blood thinners (if applicable). Continue baby aspirin • Read Procedure Financial Policy and contact insurance company to inquire about coverage • If you must cancel, we require a 5 (five) business day notice to avoid a \$100 cancellation fee • EAT A LOW RESIDUE DIET <ul style="list-style-type: none"> ◇ Low fiber foods ◇ Refined grains ◇ White rice/pasta ◇ Cooked vegetables ◇ Fresh fruit ◇ Eggs, fish, poultry ◇ Dairy products ◇ AVOID SEEDS, NUTS, POPCORN, CORN, BEANS • Stop NSAIDs, Iron Supplements, Multivitamin, Weight Loss and Diabetic medications (see complete medication list) 	<ul style="list-style-type: none"> • Switch to a clear liquid diet (review do's and don'ts sheet) • You will receive a call with your final arrival time after 1pm. • Make sure you have a driver for your whom can remain on the premise throughout the duration of your procedure. You may NOT use a taxi, uber, lyft, bus or shuttle service • Make sure you have your ID and Insurance cards. Leave all jewelry, cash, credit cards, cell phone, and other valuables at home or with your driver • You can continue baby aspirin • Review your prep instructions and start as outlined on your prep sheet 	<ul style="list-style-type: none"> • Start second dose of your bowel prep as outlined on your prep sheet • Finish prep and stop clear liquids at least 4 hours prior to procedure. This may be in the middle of the night • Stool should be clear! <p>DATE:</p> <p>SCHEDULER:</p> <p>DOCTOR:</p> <p>SCHEDULED AT:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Corewell Health Farmington 28080 Grand River Ave, Door #3 Farmington Hills, MI 48336 <input type="checkbox"/> Lakes Surgical Center 2300 Haggerty Rd, Ste. 1000 West Bloomfield, MI 48323 <input type="checkbox"/> Huron Valley Hospital 1 William Carls Drive Commerce, MI 48382 <input type="checkbox"/> Michigan Endoscopy Center (MEC) 30055 Northwestern Hwy, Ste. L-60 Farmington, MI 48334 <input type="checkbox"/> Michigan Endoscopy Center (NOVI) 47601 Grand River Ave, Ste. D-110 Novi, MI 48374

ITEMS YOU NEED:

- (1) 8.3 oz bottle OR (2) 4.1 oz bottles of MiraLax.
Flavored and generic brands are acceptable.
- (4) 5mg Dulcolax (or generic) laxative oral tablets.
DO NOT USE STOOL SOFTENERS.
- (4) Gas-X (or generic) tablets.
- 64 oz of a sports drink. NO RED, BLUE or PURPLE.



Instructions for Split Dose MiraLax Colonoscopy Prep

ONE DAY BEFORE	DAY OF PROCEDURE
<ol style="list-style-type: none"> 1. START CLEAR LIQUID DIET. Please refer to the Standard Colonoscopy Prep Guidelines and the Clear Liquid Diet sheet. 2. At 3pm, take (2) Dulcolax laxative tablets. 3. At 5pm, mix 32 oz of sports drink with 4.1 oz of MiraLax. Make a second 32 oz Miralax mixture and store in refrigerator for later. 4. Drink an 8 oz glass of MiraLax mixture every 15 minutes, or over the next hour. 5. At 8pm, take (2) Dulcolax laxative tablets. 6. Continue clear liquids as needed until midnight. 	<ol style="list-style-type: none"> 1. Four (4) hours prior to your arrival time, take (2) Gas-X tablets 2. Four (4) hours prior to your arrival time, remove 32 oz MiraLax mixture from refrigerator and drink an 8oz glass of mixture every 15 minutes, or over the next hour. 3. After you have completed the MiraLax mixture, take (2) additional Gas-X tablets. 4. You may NOT have anything else to drink until after your procedure. If you need to take medicine, you may do so with a small sip of water.

CLEAR LIQUID DIET DO's and DON'Ts

The clear liquid diet is designed to keep your stomach and intestines clear.

It also limits strain on your digestive system while giving your body enough fluid.

If you have any questions about what foods and beverages are allowed, please contact the office.

DRINKS THAT ARE OK	DRINKS THAT ARE NOT OK
Water, plain, carbonated or flavored	Pulpy juices, such as orange, pineapple and grapefruit
Tea or coffee without milk, cream or nondairy creamer	Milk Products (Dairy and Non-Dairy)
Sports drinks with electrolytes	Milk shakes
Carbonated drinks and beverages	Malt
Fruit juices such as apple or white grape. NO PULP	Alcoholic drinks

FOODS THAT ARE OKAY	FOODS THAT ARE NOT OKAY
Clear broth, Bouillion	Vegetables
Honey	Fruits
Hard candies	Meat or Poultry products
Gelatin without fruit	Bread
Popsicles without milk, bits of fruit, seeds or nuts	Pasta
Sugar	Rice, grains
Fruit ices	Cereals
Sorbet without milk, bits of fruit, seeds or nuts	Seeds, nuts, popcorn, corn, beans and legumes

Medications to Stop Prior to your Colonoscopy

Medication Category	Examples		When to Hold
Anticoagulants / Blood Thinners	Angiomax Eliquis Heparin Lovenox Plavix	Pradaxa Savaysa Xarelto Warfarin (Coumadin)	*Hold 3-7 days. Inform us if you are taking any of these. We require a clearance from your prescribing physician.
Antiplatelets	Aspirin (if directed) Dipyridamole	Prasugrel Ticagrelor	*Hold 7 days prior
NSAIDs	Diclofenac Ibuprofen Ketoprofen Ketorolac	Meloxicam Naproxen Relafen Oxaprozin	*Hold 5 days prior
Iron Supplements	Ferrous Fumarate Ferrous Gluconate Ferrous Sulfate	Iron Bisglycinate Polysaccharide Iron Complex	*Hold 7 days prior
Herbal Supplements	CBD oil Echinacea Ephedra Fish Oil Garlic Ginkgo	Ginseng Kava St. John's Wort Valerian Vitamin E	*Hold 7 days prior
Oral Antidiabetes	Glimepiride Glipizide Glyburide	Metformin Pioglitazone Rosiglitazone	*Hold one day before and morning of your procedure
Insulin	NovoLog Apidra HumaLog Humilin	Novolin Tresiba Levemir Lantus	*Typically reduce dose by 50% day before procedure and hold day of procedure. Monitor frequently and adjust as needed.
SGLT-2 Inhibitors	Farxiga Glyxambi Invokana Jardiance	Qtern Steglatro Steglujan	*Hold 4 days prior. Inform us if you are taking any of these. We may require clearance.
GLP-1 Agonists	Adlyxin Bydureon Byetta Mounjaro Ozempic Rybelsus	Saxenda Trulicity Victoza Wegovy Zepbound	*Hold 7 days prior. Inform us if you are taking any of these. We may require clearance.
Diet Medications	Contrave Phentermine Setmelanotide	Topiramate ER Xenical	*Hold 7 days prior

Colonoscopy FAQs

What is Colonoscopy?

A colonoscopy is a procedure that enables your doctor to examine the entire colon (large intestine). The doctor will take a flexible tube about the size of a finger and slowly move it into the rectum and through the colon. It is effective in the diagnosis and/or evaluation of various GI disorders (e.g. colon polyps, colon cancer, diverticulosis, inflammatory bowel disease, bleeding, change in bowel habits, abdominal pain, obstruction and abnormal x-rays or CT scans) as well as in providing therapy (for example, removal of polyps or control of bleeding). It is also used for colon cancer screening.

Is a colonoscopy painful? Will I be sedated?

No, a colonoscopy is not usually painful. You will receive a moderate sedation for the exam, which means that an intravenous line is placed, and medications are given intravenously. You are very drowsy, but comfortable and still breathing on your own.

How should I prepare for my colonoscopy?

It is very important to follow the instructions provided by your physician. Use the step-by-step instructions for a successful colon prep. If you have any questions regarding your preparation, please contact the office scheduling line at 248.516.3778.

Do I need to wake up in the middle of the night to finish my prep?

It is very important that you finish the prep 4 hours before your scheduled arrival time as instructed in the bowel preparation instruction sheet. This may require you to wake up in the middle of the night. The correct timing of drinking the laxative is important in cleaning your bowels completely and allowing your doctor to see inside your colon. If your bowels are not clean, your procedure may get postponed, cancelled, or need to be repeated. (Prep instructions may vary due to the type of prep provided by your doctor. Refer to your colonoscopy prep instruction sheet.)

I am menstruating. Can I still have a colonoscopy?

Yes, the procedure can still be performed while you are menstruating. Tampons can be worn if preferred by the patient.

Colonoscopy FAQs continued

I don't have a ride. Is that okay?

No. If you do not have a responsible adult to accompany you, YOUR PROCEDURE WILL BE CANCELLED. You may NOT use a taxi, uber, lyft, bus or shuttle service or any other ride share services.

What medications can I take before my procedure?

Most medications should be continued as usual, but some may interfere with the examination. It is best that the provider is informed of all current prescriptions or over-the-counter medications. Refer to the detailed list of medications in your prep packet.

How will I learn the results of the test?

Your results should be completed within two weeks depending on if you had a biopsy. Your results will be uploaded into your chart. We encourage you to create a MyChart account to receive your results in a timely manner. You may do so here:

<https://mychart.corewellhealth.org>

Does my insurance cover this procedure?

You should check with your health insurance provider to determine your colorectal cancer screening benefits. Most insurance providers cover colonoscopies for colon cancer screening; however, insurance coverage varies. Diagnostic procedures are usually NOT covered and will apply to co-pays and deductibles. Refer to Procedure Financial Policy for additional information.

Screening Colonoscopies are indicated for the following criteria:

- Starting at age 45 or older in patients with no symptoms
- A personal or family history of colon cancer with no symptoms
- History of colon polyps from previous colonoscopies with no symptoms
- Surveillance of Inflammatory bowel disease with no symptoms
- Repeat screening 10 years after a normal colonoscopy