

Colonoscopy Instructions

You are scheduled for a Colonoscopy at Mercy Hospital Main Entrance at 1500 E. Sherman Blvd. Muskegon, MI 49444

This procedure will be performed by Dr. Gluck under Mac Anesthesia.

Date of Procedure:

One week prior to your appointment, please call Velvet, Surgery Scheduler at Dr. Brian Gluck's office at (231) 246-1123 to get your arrival time and to confirm your procedure. If you do not call to confirm by noon five days prior to your procedure, it may result in cancellation.

If you have MyChart, please disregard their arrival time and go on the arrival time I give you 1 week prior to the procedure.

This procedure has been scheduled for the following reason:

- Primary Care Physician sent a referral
 Routine screening
 Dr. Gluck's request per your recent conversation with our office
 Other _____

STOP ANY OF THE FOLLOWING MEDICATIONS BEFORE YOUR PROCEDURE:

(Please check with the physician who prescribes these medications to see if it is acceptable to making these changes.)

- Aspirin, Coumadin (Warfarin) and Plavix stop 5 days before your procedure.
- Xarelto and Eliquis stop 2 days before your procedure.
- NSAIDs such as Motrin, Ibuprofen, Aleve, etc. stop 7 days before your procedure.
- Phentermine and Qysmia stop 14 days before your procedure
- If you are diabetic take ½ of your AM dose the morning of your procedure or call the office for special instructions if you have questions regarding this.

For this procedure you will have a Bowel Prep, please follow these instructions:

The Day Before: CONSUME CLEAR LIQUIDS ONLY- NO SOLID FOODS and follow the bowel prep instructions of this instructions sheet.

The Day of Procedure:

- You may take any prescribed medications with a sip of water (with the exception of blood thinners)
- You are required to have a ride home from the hospital due to the anesthesia. After your procedure you will be drowsy. **We follow Mercy Hospitals visitor policy per Covid protocol. Please check with Mercy if need more information at (231)672-2000.** A nurse will call your ride when you are in recovery ready for discharge. Please make sure to have this arranged prior to your procedure.
- You should NOT plan on working, driving, or making any legal decisions the day of your procedure.

REMEMBER: The prep is important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes may ease some of your discomfort.

Questions: Please call Surgery Scheduling at (231) 246-1123.

Thank you for your cooperation in making this a successful procedure.

Colonoscopy Bowel Prep

All bowel prep materials can be purchased over the counter at any pharmacy. The approximate cost is under \$15. You will need the following:

1. 64oz clear sugar free or low sugar beverage such as Powerade Zero, G2 or Crystal Light
2. **Dulcolax** 5mg tablets (four tablets)
3. **Mira Lax** bottle (238 grams)



The **DAY BEFORE** your colonoscopy:

Consume **CLEAR LIQUIDS ONLY**

Examples of clear liquids:

- Water, clear soft drinks, coffee/tea without cream, clear fruit juices such as apple or white grape
- Vegetable, chicken broth/bouillon, beef broth/bouillon.
- Jell-O (**no artificial red or purple**)
- Popsicles (**no artificial red or purple**)

NO MILK OR MILK PRODUCTS. NO ORANGE JUICE.

3 PM: Take 2 Dulcolax tablets

5 PM: Mix the entire bottle of Mira Lax into the 64ounces of sugar free or low sugar beverage. If mixing with Powerade Zero or G2 put half the bottle in each 32ounce bottle. Shake the solution until fully dissolved. Drink an 8ounce glass every 30 minutes until the solution is gone.

7 PM: Take the last 2 Dulcolax tablets.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

Notes: _____

