

Patient Name

Physician

Procedure Date/Arrival Time

Procedure Time

Location:

- McLaren Hospital - Pennsylvania**
2727 S. Pennsylvania Ave, Lansing
- McLaren Hospital- Greenlawn**
401 W. Greenlawn Ave, Lansing
- Sparrow Hospital**
1215 E. Michigan Ave, Lansing
- Sparrow Heath Center**
2909 E Grand River, Lansing
- Lansing Surgery Center**
1707 Lake Lansing Rd, Lansing
- Hayes Green Beach Hospital**
321 E. Harris St, Charlotte
- Eaton Rapids Specialty Clinic**
1500 S. Main St, Eaton Rapids

Please call a minimum of 5 business days in advance if you need to cancel your appointment. Failure to do so will result in a \$75 charge. Upon receipt of payment you will be contacted to reschedule your appointment in 6-8 weeks.

Results and Follow Up

- Please go home and rest for the remainder of the day. Do not drive or work for the rest of the day.
- Your physician will discuss test results with you and your family member following the procedure.
- You will be given written instructions for diet, activity, and follow up instructions.
- If biopsies were taken, a results letter will be sent through our patient portal. If not a member of Follow My Health, the letter will be mailed to you within 14 days of your procedure.

Important Driving Instructions

You must have an adult 18 years or older remain with you during the procedure and drive you home afterward. Your procedure will be cancelled if you fail to meet these requirements.

Billing Procedure

There may be up to four charges associated with your procedure (Physician, Hospital/Facility, Anesthesia, and Lab). Please verify with your insurance carrier your benefit coverage for each.

Please be sure you bring your picture ID and insurance cards with you to the facility the day of the procedure. Failure to do so will result in cancellation of your procedure.



SUPREP SPLIT DOSE PREPARATION

Iftiker Ahmad, M.D.
Oussama Al Sawas, M.D
Radoslav Coleski, M.D, PhD
Dorian Jones, M.D.
Lindsay Mohrhardt, D.O
Scott Plaehn, D.O.
Dana Stewart, D.O.
Robert Rose, D.O.
Albert Ross, M.D.
John Walling Jr., D.O.
David Wiedemer, M.D.
Siaka Yusuf, M.D.

Board Certified
Gastroenterologists

Scheduling Department
(517) 332-1200 Option # 4

Video instructions are also available on our website
www.michiganastro.com

Colonoscopy

The purpose of this procedure is to directly visualize the mucosal lining of the colon in order to inspect for disease. The principal risk of colonoscopy is the remote possibility of perforation. Immediately prior to the passage of the instrument, you may be given intravenous Demerol, Versed, or Propofol. If you are allergic to any of these, latex or eggs please be certain you have notified the scheduler.

Medication

If you are taking blood thinners, Aggrenox, Plavix, Lovenox, Effient, Pradaxa, Ticlid, Coumadin, Brilinta, Pletal, Xarelto, Trental, Persantine, Heparin, or Fragmin) please be certain you have notified the scheduler.

Labs

Please have any ordered blood work drawn:

_____ days before your test. A lab requisition for your bloodwork has been enclosed.

_____ You do not need blood work at this time.

NOTE: Female patients of menstruating years will be required to provide a urine specimen when you arrive to the hospital/facility.

Five Days Prior to Examination

Please refrain from eating foods that contain nuts, seeds or corn. Also discontinue all fiber and iron supplements.

Day Before Examination

1. You are required to be on a **CLEAR LIQUID DIET all day long**. This starts at 12:00am or when you wake up in the morning. **No Solid Food**. Drink 8 oz. clear liquids hourly throughout the entire day.

2. **Diabetics:** Use ½ of your usual insulin dose. Do not take your diabetic pills today.

3. At 6:00 PM pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all of the liquid in the container. You must drink two (2) more 16-ounce containers of water over the next hour, and 8 oz clear liquids hourly for remainder of evening.

4. If at 10:00 PM you still see particles in your bowel movement, or if you have had no bowel movement at all please drink one (1) 10 ounce bottle of Magnesium Citrate.

Day of Examination

1. Six hours before the start of your test pour one (1) 6-ounce bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16-ounce line on the container and mix. Drink all of the liquid in the container. You must drink two (2) more 16-ounce containers of water over the next hour. You must be finished with you prep at least 4 ½ hours prior to your procedure then **nothing further by mouth**. No gum, mints, or Ensure until after the procedure is completed. Failure to do so will result in the cancellation of your procedure.

2. **Diabetics:** Please check your blood sugar and take this information with you to the hospital/facility. **Do not** take your insulin or diabetic pills this morning. Bring all of your insulin with you to the procedure.

3. Please only take your heart, blood pressure, seizure, respiratory, anti-rejection, or anti-anxiety medications at 6 AM with a small sip of water. You may use your inhalers.

Clear Liquid Diet

- Coffee, tea, or cola
- Apple, white grape, or white cranberry juice
- Up to 3 cans or bottles of vanilla or butterpecan Ensure or Glucerna (diabetics) that are labeled "suitable for lactose intolerant".
- Plain jello (no red colors)
- Clear soups and/or broth (strain off all vegetables and/or noodles)
- Popsicles (no red colors)
- Artificially sweetened powdered drinks (kool-aid, tang, crystal light – no red or purple colors)
- Sorbet that does not contain milk or chunks of fruit
- **No** milk or milk byproducts (cheese, yogurt)
- **No** grapefruit, tomato, V-8, or orange juice
- **No** alcohol

Shopping List:

- A prescription for SUPREP has been sent to _____ pharmacy.
- One 10-ounce bottle Magnesium Citrate (over the counter)
- Hard candy or peppermints to use if laxative causes nausea.