IT IS TIME FOR YOUR SCREENING COLONOSCOPY

We will provide you with a convenient, comfortable outpatient experience with lower out-of-pocket cost (47% less co-pay than at a hospital-based facility) and exceptionally high quality care and safety. Please use the following guidelines to schedule and prepare for this important preventative procedure.

How to Schedule Your Colonoscopy:

- Call Southgate Surgery Center at (734) 281-0100
- Provide the scheduler with your insurance and contact information as requested
- Our scheduler will place you with a highly experienced, board-certified gastroenterologist. Or, if you prefer to select a specific provider, visit southgatesurgery.com and review Our Doctors.

What to Expect Before Your Outpatient Surgery:

We will coordinate with your primary care physician and insurance provider(s) to obtain necessary authorization and will assist you through every aspect of your procedure.

PREPARATION INSTRUCTIONS

Seven (7) Days Before Your Procedure:

- Stop taking: NSAIDs--aspirin, Anacin, Excedrin and Motrin or ibuprofen.
- Stop taking supplements containing iron or fiber. Do not eat popcorn or any corn.
- One of our surgical nurses will call you to obtain details about your medical history. The nurse will also review and confirm your understanding of the:
  - Pre-operative fasting and medication guidelines
  - Bowel preparation (a.k.a. the “prep”)
    - Note: It is very important to follow the prep instructions diligently. An unclean colon will require rescheduling and rescreening.
  - Procedure
  - Need for an adult chaperon/driver or our courtesy transportation service

Four (4) Days Before:

- If taking Coumadin, Plavix or Aggrenox ask your prescribing physician when you should stop or adjust your medication prior to surgery
- Stop taking:
  - Pain medications, except: Tylenol, Codeine or Darvon
  - Iron-containing medications and supplements such as: Feosol, iron or multivitamins with iron
  - Herbal supplements and vitamin E
  - Persantine and Ticlopidone (Ticlid)
- Purchase the following over-the-counter “bowel prep” laxative/beverage items from your grocery or drug store:
  - 1 – 8.3 ounce bottle of Miralax
  - 4 – Dulcolax or bisacodyl 5mg tablets
  - 1 – 64 ounce bottle of Gatorade or Sugar-Free Gatorade
Two (2) Days Before - Start Low Residue Diet:

- **Allowed:** soup, fish, chicken, eggs, white rice, bread, crackers, plain yogurt, pasta, potato with no skin, gelatin, broth, bouillon, all liquids
- **Avoid:** fresh and dried fruit, all vegetables, raisins, dried fruits, nuts, seeds, cloves, any other meat besides what is listed above

One (1) Day Before - Start Clear Liquid Diet & Bowel Prep:

- Upon waking, begin your clear liquid diet for breakfast, lunch and dinner
- Drink plenty of fluids to stay as hydrated as possible

<table>
<thead>
<tr>
<th>Acceptable Liquid Diet</th>
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<tbody>
<tr>
<td>Water, ice</td>
<td>KoolAid</td>
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<tr>
<td>Sparkling water</td>
<td>Gatorade</td>
</tr>
<tr>
<td>Soda (Sprite, ginger ale, seltzer)</td>
<td>Clear broth or bouillon (beef or chicken)</td>
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<tr>
<td>Popsicles</td>
<td>Juices (no pulp, apple, pear, white grape)</td>
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<tr>
<td>Clear hard candies</td>
<td>Coffee or tea (no creamer or milk)</td>
</tr>
<tr>
<td>Crystal Light</td>
<td>JellO (without fruit)</td>
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**Avoid all red or purple colored liquids & all dairy.**

- Follow this schedule for your bowel prep:
  - **1:00 pm** Take (4) 5mg Dulcolax tablets with a clear liquid drink
  - **2:00 pm** Mix and dissolve 8.3 ounces of Miralax in 64-ounces of Gatorade. Refrigerate.
  - **3:00 pm** Start drinking the Miralax/Gatorade mixture. Drink 1 glass every 10-15 minutes. Drink it quickly rather than sipping small amounts. Finish drinking all of the liquid within 2 hours. Stay near a bathroom as the laxative will cause your bowel to purge itself of all its contents.
  - **12:00 am midnight** Do not eat, drink or smoke anything after midnight. You may gargle but do not swallow any liquid.

- You may need to get to a toilet right away. You will have many bowel movements and they will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.
- SSC will call you to confirm your arrival time and answer any additional questions you may have.

**Morning of Your Colonoscopy:**

- Do not eat, drink or smoke anything until your test is done
- If you are to take morning medications, take with scant water only
- Dress comfortably (stretch pants, slip-on shoes, no buttons, belts or jewelry, etc.)
- Bring all medications you usually take (in the original containers) to SSC with you
- Bring your identification and insurance cards with you
- Arrive promptly at the time specified by SSC to fill out consent forms
- Expect to be at SSC for 2 – 4 hours for your pre-op, procedure and recovery

**Questions? Please call (734) 281-0100 to speak with an endoscopy nurse.**