

OAKLAND COLON AND RECTAL ASSOCIATES

1121 CROOKS ROAD

ROYAL OAK, MI 48067

Telephone: (248) 541-8554

Fax: (248) 541-1791

Physician Name: _____ Date of Appointment: _____

Arrive at: _____ Appointment Time: _____

Location: _____ Wm. Beaumont Hospital Royal Oak (go to North Entrance registration desk)

_____ Wm. Beaumont Hospital West Bloomfield (go to Lower Level, Suite 100)

You will need to purchase (1) 238 gram bottle of Miralax and 4 Dulcolax Laxative tablets at your pharmacy. (No prescription is required.) Also purchase a 64 oz. bottle of Gatorade, Crystal Light, Smart Water or Propel. No red or purple.

Discontinue all Aspirin products for seven days prior to your exam. If you are taking blood thinners such as Coumadin or Plavix you must stop 5-7 days before your procedure. Please contact your prescribing doctor prior to discontinuing use and contact our office if they instruct you differently.

Modify your diet to eliminate roughage (salad) and flax seed 48 hours prior to your procedure.

You must have a driver/companion come with you, stay with you and bring you home as per hospital policy.

Please follow the detailed preparation below the day before your procedure:

- DRINK CLEAR FLUIDS ALL DAY (broth, bouillon, black coffee, tea, lemon/lime jello, soft drinks, fruit juices (no pulp), popsicles). Nothing RED or PURPLE. NO SOLID FOOD IS TO BE CONSUMED.
- At 10:00 a.m. take (2) Dulcolax with a glass of water.
- At 1:00 p.m. mix 238 gram bottle of Miralax in a 64 oz. bottle of Gatorade or Crystal Light, Smart Water or Propel.
- Drink an 8 oz. glass every 15-20 minutes until gone.
- Take (2) Dulcolax with the last glass of (Crystal Light) Gatorade/Miralax, Smart Water, Propel or a glass of tap water.
- Drink only clear fluids until midnight. No solid food after midnight, or until after your procedure.
- Do not chew gum or hard candy after midnight, or until after your procedure.
- Nothing by mouth 4 hours prior to procedure.

****You may take your daily medications except Coumadin, Plavix or other blood thinners on the morning of your exam with water. If you have had bone replacement surgery (knee, hip etc.) within the past year make sure that the office is aware.**