

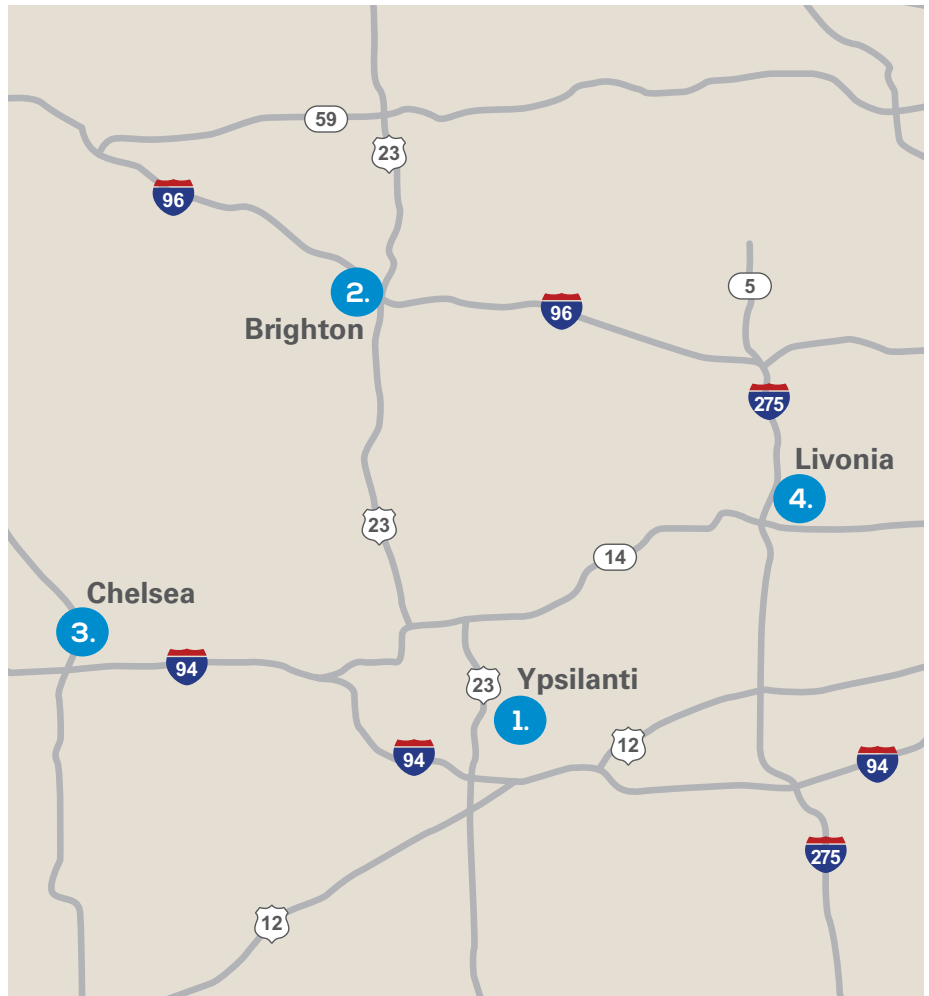
# Get Ready for Your Colonoscopy

## Arrival & Procedure Times

You will receive a call 1 day before your procedure from a surgical nurse with the exact arrival and procedure times. If you're scheduled for the Brighton location, the nursing staff will also call you the day before with the exact arrival time. If you don't hear from them by 3:00 pm, call 810-844-7602.

## Locations

- 1. Trinity Health Ann Arbor Endoscopy Suite**  
5303 Elliott Drive  
Ypsilanti, MI 48197  
Parking Lot Q  
734-712-3622
- 2. Trinity Health Brighton Outpatient Surgery Center**  
7575 Grand River Rd.  
Brighton, MI 48144  
2nd floor  
810-844-7602
- 3. Trinity Health Chelsea Campus Endoscopy/Pain Clinic**  
14650 E Old US Hwy 12, Suite 202  
Chelsea, MI 48118  
734 593-5803
- 4. Trinity Livonia Hospital**  
36475 Five Mile Rd.  
Livonia, MI 48154  
Levan Rd/South Entrance  
734-655-2109



## Cancellation Policy

- **Cancellations cannot be made through MyChart.** If you need to cancel, it will be considered a “no-show.”
- **24-hour notice:** Any cancellations made within 24 hours of your procedure will incur a \$50 cancellation fee.
- **To cancel or reschedule, call the office directly at 734-712-8150** and ask to speak with a surgery scheduler.
- If you have any **questions or concerns**, feel free to reach out to their office at the same number!

# Colonoscopy Checklist

CHECKLIST	INSTRUCTIONS
Stop iron supplements	5 days before the procedure, stop taking iron supplements or any multivitamin that contains iron.
Start a low fiber diet	3 days before the procedure, follow a low fiber diet. During this time, <b>do not eat</b> : <ul style="list-style-type: none"><li>– Raw (uncooked) fruits and vegetables</li><li>– Whole kernel corn, including canned corn</li><li>– Whole grains (such as oatmeal, brown rice, quinoa, or wheat bread)</li><li>– Seeds (such as poppy or sesame)</li><li>– Nuts</li></ul>
Arrange transportation	Have a responsible adult (18 or older) drive you to and from the procedure. They must stay with you during the procedure. You cannot leave alone or use public transport (buses, cabs, Ubers). No driving for 24 hours after your procedure.
Bring identification	On the day of the procedure, bring your photo ID and insurance card to the registration desk.
Clothing	We recommend wearing loose fitting clothing. You will change into a gown for your colonoscopy.
Pre-registration	Call at least 2 days before your procedure to pre-register with the hospital at (734) 712-3700.
Nausea with prep	Nausea tips: brush teeth or gargle mouthwash; if you require nausea medication, please contact our office 1 week prior to colonoscopy.
For diabetics	Contact your Primary Care Physician to discuss managing blood sugar and medications during prep and procedure. Low sugar beverages may be acceptable if advised by your physician. Check your blood sugar during prep as directed.  <i>If you take GLP-1 agonist for weight loss (Ozempic, Wegovy, Zepbound, semaglutide), stop these <b>7 days before colonoscopy</b>. Taking this medication increases your risk of incomplete prep and possible cancellation of colonoscopy.</i>
If on prescription blood thinners	Contact your prescribing provider if you take blood thinners like <b>Coumadin (Warfarin), Eliquis, Xarelto, Plavix</b> . <b>If you take Brillinta</b> , please contact our office for further guidance on holding this medication. A medication clearance will be sent to your provider, and you may need to hold the medication before the procedure. <b>Aspirin</b> does not need to be stopped. <b>If on Coumadin</b> , a PT/INR test will be required before the procedure. Let registration know if you're on blood thinners to avoid delays.
Suprep medication	Suprep is our preferred colonoscopy prep. Your Suprep medication will be called into your pharmacy 7-14 days prior to the procedure. If you have not received it 5 days before, contact the office at (734) 712-8150.

# It's time to start your SUPREP prep!

Suprep is a prescription colonoscopy prep that may or may not be covered by your insurance. If the prep is too expensive, please skip these instructions and follow the Miralax prep guide.



## 3 Days Before the Procedure

**Avoid** nuts, seeds, and salads in your diet.



## 1 Day Before the Procedure

**Clear liquids only** (refer to the list of approved clear liquids). Do not consume milk or liquids that are red, orange, or purple. No alcohol.



## Approved Clear Liquids

**✗ NO RED, ORANGE OR PURPLE**

- ✓ Water
- ✓ Strained fruit juices (no pulp) – apple, white grape, or white cranberry
- ✓ Lemonade or limeade
- ✓ Coffee or tea – with sugar, but without milk, dairy, or non-dairy creamer
- ✓ Chicken broth
- ✓ Kool-Aid, Crystal Light, Gatorade, Powerade
- ✓ Jello – without added fruit or toppings
- ✓ Clear liquid protein shakes

## Prep Instructions



**Step 1:** At 6:00 PM, pour ONE 6-ounce bottle of SUPREP into the mixing container.

**Step 2:** Add cool drinking water to the 16-ounce line on the container and mix well. Ensure no solids are present by fully diluting the SUPREP.

**Step 3:** Drink ALL the liquid in the container.

**Step 4:** Over the next hour, drink TWO more 16-ounce containers of water. Make sure to finish drinking the last glass at least 4 hours before your scheduled procedure.

**Step 5:** At 2:00 AM the morning of your colonoscopy, repeat the entire process from Step 1. Complete the second round by 3:00 AM.

**Tips for drinking Suprep: take with ice, drink with large straw.**

## Important Notes

- Vomiting during the second round of prep can be normal.
- Proceed with your scheduled colonoscopy as instructed.
- Suprep is safe in chronic kidney disease and heart disease. If you have these conditions and are NOT on a fluid restriction, please drink an additional 2-3 glasses of water after your prep is completed.

**Once you've completed all these steps, you'll be ready for your procedure!**

## Who to Contact if You Have Questions or Concerns



### Scheduling or rescheduling questions

Call our office at (734) 712-8150

### Anesthesia Questions

Contact the Department of Anesthesia at (734) 712-4760

### Prep Not Received by Pharmacy or any other questions about Prep

Call (734) 712-8150 during normal business hours at least 10 days before your procedure.

### Results of Your Procedure

Our office will contact you with results within 7-10 business days, usually through MyChart or by mail.

You may receive your pathology results before your provider reviews them.

Do not call for results unless it's been more than 10 days.

# Option 2: MiraLAX prep guide

involves a 2-day clear liquid diet

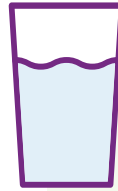


## 3-5 Days Prior to Procedure

### Obtain

- 8.3 ounces of MiraLAX – no prescription needed
- 4 Dulcolax laxative tablets – not stool softeners
- 64 ounces of Gatorade – avoid red, orange, and purple colors. If diabetic, use G2 (low-calorie Gatorade). May substitute with a less expensive brand if desired.

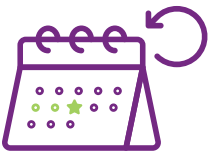
**Dietary guidelines** – avoid nuts, seeds, and salads for the 3 days before starting the clear liquid diet



## Approved Clear Liquids

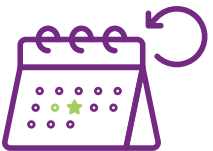
**✗ NO RED, ORANGE OR PURPLE**

- ✓ Water
- ✓ Strained fruit juices (no pulp) – apple, white grape, or white cranberry
- ✓ Lemonade or limeade
- ✓ Coffee or tea – with sugar, but without milk, dairy, or non-dairy creamer
- ✓ Chicken broth
- ✓ Kool-Aid, Crystal Light, Gatorade, Powerade
- ✓ Jello – without added fruit or toppings
- ✓ Clear liquid protein shakes



## 2 Days Prior to Procedure

**Start clear liquid diet** – this keeps you hydrated and is easily digested without leaving residue in your stomach or intestines.



## 1 Day Prior to Procedure

**Continue clear liquid diet** for the full day.

## Prep Instructions



- Step 1:** 1:00 PM, swallow 2 Dulcolax tablets.
- Step 2:** 5:00 PM, mix entire contents of MiraLAX bottle into 64 ounces of Gatorade.
- Step 3:** Drink 8 ounces every 15 minutes until the mixture is completely gone.
- Step 4:** 8:00 PM, swallow last 2 Dulcolax tablets.

**Remain on a clear liquid diet for 4 hours prior to the procedure.** You may take your regular morning medications with a small sip of water.

## Who to Contact if You Have Questions or Concerns



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# Pre-Procedure Medication Guidelines

MEDICATION CATEGORY	ACTION	EXAMPLES
<b>Blood Thinners (Anticoagulants)</b>	Contact your doctor for instructions on when to stop taking.	Warfarin (Coumadin), Apixaban (Eliquis), Rivaroxaban (Xarelto), Clopidogrel (Plavix)
<b>Weight Loss Medications (GLP-1 Inhibitors)</b>	Weekly injections: Stop 7 days before the procedure. Daily medications: Do not take on the day of the procedure.	Ozempic, Wegovy, Mounjaro, Tirzepitide (Weekly) Saxenda, Rybelsus (Daily)
<b>Diabetes Medications</b>	Contact your doctor for instructions.	Insulin (Lantus), Metformin, Glipizide, Glimepiride, Glyburide, SGLT-2 inhibitors (e.g., Jardiance, Invokana, Farxiga)
<b>Iron Supplements</b>	Stop 5 days before your colonoscopy.	Includes multivitamins with iron
<b>Nutritional Supplements</b>	Do not take on the day of your procedure.	Vitamins, potassium, minerals

## MORNING OF THE PROCEDURE: WHAT'S SAFE TO TAKE

<b>Heart Medications</b>	Continue with a sip of water.	Metoprolol, Amlodipine, Labetalol (except ACE inhibitors & ARBs)
<b>Gastrointestinal Medications</b>	Continue with a sip of water.	Heartburn, reflux, nausea medications
<b>Pain Control &amp; Mental Health Medications</b>	Continue medications (except MAO inhibitors). Do not take pain medications like Tylenol, Ibuprofen, or Advil.	Depression, anxiety medications (except MAO inhibitors)
<b>Respiratory &amp; Allergy Medications</b>	Continue with a sip of water.	Zyrtec, Claritin (Allergy), Inhalers (bring with you)
<b>Thyroid Medications</b>	Continue with a sip of water.	Levothyroxine (Synthroid)
<b>Oncology &amp; Immune System Medications</b>	Continue with a sip of water.	Cancer treatments, long-term infections, immunosuppressants (e.g., for autoimmune diseases)
<b>Hormonal Medications</b>	Continue with a sip of water.	Prednisone, estrogens, and other hormonal medications

## MEDICATIONS TO HOLD UNTIL AFTER THE PROCEDURE

<b>Blood Pressure</b>	Do not take.	ACE inhibitors & ARBs (e.g., Lisinopril, Enalapril, Losartan)
<b>Pain Control</b>	Do not take.	Pain medications (e.g., Ibuprofen, Hydrocodone)
<b>Mental Health</b>	If taking MAO inhibitors, contact your doctor.	MAO inhibitors (e.g., Nardil, Parnate)
<b>Muscle Relaxers</b>	Do not take.	Flexeril, Valium, etc.

### Important Reminder

If you have any questions or concerns about your medications, please **call (734) 712-8150** at least **10 days before your procedure** to allow adequate time to adjust or stop medications if needed. **Not following this plan may cause a delay or cancellation of your surgery.** This checklist should help with your preparation, but don't hesitate to reach out if you're unsure about anything related to your medication or procedure! We're here to help!