

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Register @: \_\_\_\_\_ Time: \_\_\_\_\_

**Keep in mind, TIMES MAY CHANGE. Make sure your driver can accommodate.**

Dr: Polidori Goo Yang Akkary Stojanovic

Beaumont West Bloomfield Surgery Center  
6900 Orchard Lake Road, **Suite #:100**  
West Bloomfield, MI 48322  
Phone #:248/855-7852

Huron Valley Sinai Hospital  
1 William Carls Dr.  
Commerce Twp., MI 48382  
**Use South Garden Entrance** (Sleeth Road)

Lakes Surgical Center  
2300 Haggerty Road, **SUITE #1000**  
West Bloomfield, MI 48323

Michigan Endoscopy Center (**Farmington Hills**)  
30055 Northwestern Highway, **Suite #L-60**  
Farmington Hills, MI 48334  
Phone #:248/865-6555

Michigan Endoscopy Center (**Providence Park**)  
47601 Grand River Avenue, **Suite #:D110**  
Novi, MI 48374  
Phone #:248/465-9220

Providence Hospital- Southfield  
16001 North Nine Mile Road, **Main Entrance**  
Southfield, MI 48075  
Phone #:248/849-3000

Waterford Surgical Center  
5220 Highland Road, **SUITE #100**  
Waterford, MI 48327  
Phone #: 248/886-5555

William Beaumont- Royal Oak  
3535 West 13 Mile Road, **enter at North Entrance**  
Royal Oak, MI 48073



Oakland  
Gastroenterology  
Associates, PC

Gregg Polidori, MD, FACP, FACC  
Robert H. Goo, MD, FACP, FACC  
Sung K. Yang, MD  
Sami Akkary, MD, FACC  
Alexander Stojanovic, MD  
Dorene Hardie, RN, MSN, NP

Diplomates American Board of  
Internal Medicine & Gastroenterology

## PREPARATION FOR COLONOSCOPY

- **PRIOR ARRANGEMENTS MUST BE MADE** TO HAVE SOMEONE GO WITH YOU TO SERVE AS YOUR DRIVER AND STAY IN THE WAITING ROOM DURING YOUR PROCEDURE. **THIS IS HOSPITAL POLICY.** IF YOU ARRIVE WITHOUT A DRIVER, THE HOSPITAL WILL NOT ALLOW YOU TO HAVE THE PROCEDURE.
- You will need to purchase: (Over the counter)
  - Four (4) Dulcolax tablets 5 mg (i.e. Bisacodyl tablets) (Laxative tablets, **NOT** the stool softner.)
  - Small bottle (238 gm/8.3 oz) of Miralax
  - 64 oz Gatorade, Powerade, or Body Armor (nothing red or purple) **IF DIABETIC**, use Powerade Zero in addition to one can of broth. **DO NOT USE LOW SODIUM.**

**TWO (2) WEEKS PRIOR TO YOUR PROCEDURE**, DISCONTINUE ANY DIET OR WEIGHT LOSS MEDICATION.

**THREE (3) DAYS PRIOR TO YOUR PROCEDURE:** Do not take Aspirin, Vitamin E, or fish oil. If you take Aggrenox, Arixtra, Brilinta, Coumadin (Warfarin), Effient, Eliquis, Lovenox, Plavix (Clopidogrel), Pradaxa, or Xarelto, **you will be directed when to discontinue blood thinners after the office has received clearance from your cardiologist.**

### **THE DAY PRIOR TO YOUR PROCEDURE: CLEAR LIQUIDS**

From the time you wake up in the morning, you must follow a clear liquid diet ALL DAY. (Examples: water, coffee, tea, pop, juices, jello, nothing red or purple, bouillion, and broth (chicken, beef or vegetable). NO FOOD OR DAIRY.

- **At 2 pm**, take the four (4) Dulcolax (Bisacodyl) tablets. Mix the Miralax (8.3 oz) into 64 oz of Gatorade and chill.
- **At 4 pm**, drink an 8 oz glass of Gatorade mix every 10 to 15 minutes until the solution is gone. (Reminder if diabetic: drink one can of broth throughout the day.
- You may have clear liquids until 12 am. NOTHING AFTER.

### **THE DAY OF YOUR PROCEDURE:**

- If you take diabetic medication in the morning, hold medication the morning of. Bring all medications along with you to your procedure. Any blood pressure medication taken in the morning, may be taken early in the morning with a sip of water.

**\*\*If you have any questions, please call the office at 248/926-9660**  
[www.oaklandgastroassoc.com](http://www.oaklandgastroassoc.com)

# CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet lack all essential nutrients and is recommended only if clear liquids are temporarily needed. **NO red or purple liquids** should be consumed.

<b>FOOD GROUP</b>	<b>FOODS ALLOWED</b>	<b>FOODS TO AVOID</b>
Milk and beverages (No Red or Purple)	<b>Coffee &amp; Tea Pop/Soda (7UP/Sprite/Vernors)</b>	Milk, milk based products, cream
Meat & meat substitutes	<b>NONE</b>	<b>ALL</b>
Vegetables	<b>NONE</b>	<b>ALL</b>
Fruits & fruit juices	<b>apple, white grape, white cranberry, lemonade, orange juice (NO PULP)</b>	Unstrained fruit juices
Grains & starches	<b>NONE</b>	<b>ALL</b>
Soups	<b>clear broth, bouillon, Consommé (either beef, chicken, vegetable)</b>	<b>ALL OTHERS</b>
Desserts	<b>Jello &amp; popsicles NO RED or PURPLE</b>	
Fats	<b>NONE</b>	<b>ALL</b>
Miscellaneous	<b>Honey, hard candy NO RED or PURPLE</b>	<b>ALL OTHERS</b>

**\*\*You may have water and light colored sports drinks.\*\***