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Rochester Hills, MI 48307
Phone# 248-852-8020
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11051 Hall Rd Ste 210
Utica, MI 48317
Phone # 586-739-5220
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4967 Crooks Rd Ste 230
Troy, MI 48098
Phone# 248-878-2178
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Raymond V Landes, MD / Jon M Hain, MD / L. Michelle Mosed-Vogel, MD / Kenneth S Bark, MD

*******SURGERY PREPARATION WITH BISACODYL AND MIRALAX*******

YOUR SURGERY IS SCHEDULED FOR _____

@ _____ HOSPITAL. THE HOSPITAL WILL CALL DAY PRIOR WITH YOUR ARRIVAL TIME

- **STOP** ALL ASPIRIN CONTAINING PRODUCTS & BLOOD THINNING MEDICATIONS AT LEAST SEVEN DAYS PRIOR TO YOUR SURGERY.
- **NO SMOKING** 24-HOURS PRIOR.
- INSULIN DEPENDENT DIABETICS SHOULD CONTACT THE OFFICE FOR INDIVIDUAL INSTRUCTIONS FOR DIET AND INSULIN DOSAGE.

To allow a thorough examination, the following measures must be carefully followed to ensure good bowel cleaning. Please note that individual responses to laxatives vary. This prep cause multiple bowel movements. Restroom facilities should be close at hand.

***Please note: CLEAR LIQUIDS INCLUDE-** water, clear broth, hard candy, Jell-O, apple juice, white grape juice, coffee, tea, sprite, 7-up, cola, ginger ale, popsicles, Gatorade is preferred. **NO** solid foods or milk products. **NOTHING RED, ORANGE OR PURPLE.**

Preparation- Step one:

1. Purchase: (1) 238 gram bottle of Miralax (over the counter)
(4) 5mg Bisacodyl tablets (example: Alophen or Dulcolax)-(over the counter)
64 ounces of Gatorade/ Powerade- **NOT RED, ORANGE, OR PURPLE**
2. Review page 2 for any changes you'll need to make if you are taking certain medications.

Preparation Step Two: Day before your surgery

1. Start clear liquids when you get up the day before your surgery. **NO** solid food today.
2. Only drink clear liquids all day. ****see above list of clear liquids**
3. At 8am, take 2 Dulcolax or Alophen along with a glass of water
4. At 10am, take 2 Dulcolax or Alophen along with a glass of water
5. At 12 noon, mix the entire 238 gram bottle of MIRALAX with 64 ounces of Gatorade, Smart water, Powerade, Vitamin water.
Drink one 8 ounce glass every 15-20 minutes until finished.
6. Do your best to drink the solution over 2 hours or so. *If you become nauseated: slow down, take a break, and restart as soon as possible.*
7. Hopefully you will finish evacuating the solution to have a good night's rest.
8. You may have small sips of clear liquids, plus the clearfast up to 2 hours prior to arrival time at the hospital, as recommended by pre-surgical screening.
9. Please arrive at the hospital early to allow time for check in as instructed. If you must cancel the appointment, please notify **the office** as early as possible.

*******YOU MUST DO THIS PREP OR YOUR SURGERY WILL BE CANCELLED*******
IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE AT 248-852-8020

CRS Colon Rectal Specialists

Disease of the colon and rectum

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PATIENT PREOPRATIVE SURGERY HOME SHOWERING INSRUCTIONS

TO KEEP YOUR SKIN AS CLEAN AS POSSIBLE AND TO HELP PREVENT INFECTION, PLEASE FOLLOW THESE INSTRUCTIONS:

- SHOWER TWO NIGHTS BEFORE SURGERY, THE NIGHT BEFORE AND THE MORNING OF SURGERY.
- SHOWER WITH **HIBICLENS** -SKIN CLEANSER- ANTISEPTIC ANTIMICROBIAL SOAP
- IN THE SHOWER, WET SKIN AND WASH BODY FROM THE NECK DOWN.
- PAY SPECIAL ATTENTION TO THE AREA WHERE YOU WILL HAVE SURGERY AS WELL AS THE BELLY BUTTON, HANDS, AND FEET.
- ASK SOMEONE FOR HELP IF YOU ARE UNABLE TO WASH CERTAIN AREAS OF YOUR BODY.
- RINSE WELL.
- GENTLY DRY WITH A FRESHLY LAUNDERED CLEAN TOWEL.

PLEASE REMEMBER

- **DO NOT SHAVE** ANY BODY PARTS FROM THE NECK DOWN (YOUR LEGS OR UNDERARMS). SHAVING CAN INCREASE YOUR RISK OF INFECTION WHEN YOU HAVE SURGERY.
- AFTER YOU SHOWER, **DO NOT USE** ANY POWDER, DEODORANT, PERFUMES, OR LOTIONS PRIOR TO SURGERY.
- WEAR FRESHLY LAUNDERED PAJAMAS TO BED THAT NIGHT AND SLEEP ON FRESHLY LAUNDERED SHEETS.
- WEAR FRESHLY LAUNDERED CLOTHES TO THE HOSPITAL

Important Note About Medications You May Be Taking:**Antiplatelet NonSteroidal, Anti-Inflammatory, Antithrombotic Mediations**

<u>Generic Name For Medicine</u>	<u>Brand Name</u>	<u>How Long To Hold Medicine</u>
Apixaban	Eliquis	3 Days
Aspirin	Ecotrin, various	5 Days
Aspirin Dipyridamole	Aggrenox	5 Days
Celecoxib	Celebrex	May Continue
Choline & Magnesium Salicylate	Trilisate	May Continue. No effect on platelets.
Cilostazol	Pletal	7 Days
Clonidogrel	Plavix	7 Days
Dalteparin	Fragmin (Heparin Derivative Given SQ)	24 Hours
Diclofenac	Arthrotec, Cataflam, Voltaren, Voltaren XR	5 Days
<u>Difiunisal</u>	<u>Dolobid</u>	3 Days
Effient	Prasugrel	7 Days
Enoxaparin	Lovenox (Heparin Derivative Given SQ)	24 Hours
Etodolac	Lodine, Lodine XL	3 Days
Fenoprofen	Nalfon, Nalfon Pulvules	3 Days
Flurbiprofen	Ansaid	3 Days
Ibuprofen	Advil, Motrin, Vicoprofen	3 Days
Indomethacin	Indocin, Indocin SR	3 Days
Ketoprofen	Orudis, Oruvail	3 Days
Ketoralac	Toradol	3 Days
Meclofenamate	Meclomen	3 Days
Mefenamic Acid	Ponstel	3 Days
Meloxicam	Mobic	May Continue
Mesalamine	Pentasa, Asacol	May Continue. No effect on platelets.
Nabumetone	Relafen	5 Days
Naproxen	Aleve, Anaprox, Naprelan, Naprosyn	3 Days
Oxaprozin	Daypro	10 Days
Pentoxifylline	Trental	May Continue. No effect on platelets.
Percodan and Darvon		Both contain ASA. Stop 5 Days
<u>Piroxicam</u>	<u>Feldene</u>	14 Days
Pradaxa	Dabigatran	1-2 days (normal kidney function) 3-5 days (poor kidney function)
Rofecoxib	Vioxx	May Continue
Salsalate	Disalcid, Salflex	May Continue. No effect on platelets.
Sulindac	Clinoril	3 Days
Tirolpidine	Ticlid	14 Days
Tolmetin	Tolectin, Tolectin DS	3 Days
Tramadol	Ultram	May Continue. No effect on platelets.
Valdecoxib	Bextra	May Continue. No effect on platelets.
Warfarin	Coumadin	3 Days
Rivaroxaban	Xarelto	2 Days

Irritable Bowel and Antidiarrheal Medications:

If you are taking any of the following medications for irritable bowel syndrome or any diarrhea condition, please discontinue them while you are taking the bowel preparation: Imodium, Lomotil, Motofen, Bentyl, Nulev, Pamine, Robinul, Donnatal.

Diabetic Medications:

If you are Insulin Dependent, take half your usual Insulin dose on the day before and the morning of your procedure.

If your diabetes is controlled by Oral Medications, do not take your medication on the day before and morning of your procedure.

General Note:

You should take any other regularly prescribed medications as usual, including on the day of the procedure with a small amount of water.