



**Macomb
Gastroenterology, P.C.**

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COLONOSCOPY/POLYPECTOMY

You are scheduled to undergo a Colonoscopy/Polypectomy to be performed at Henry Ford Macomb Hospital on _____. Please call (586) 263-2120 the day before the procedure between 2:30 PM and 5:00 PM Monday through Friday to confirm your arrival time.

The following are your directions for this procedure:

1. Stop aspirin _____ days before test.
2. For three days prior to the test, **do not** eat any red vegetables, red fruits, red sauces or red juices. You may eat red meat.
3. Three days before the test, 1-8 oz. glass of prune juice, unless diabetic.
Two days before the test, 1-8 oz. glass of prune juice.
4. The day before the test you must remain on a clear liquid diet the entire day. Do not consume any solid food. See attached example sheet. Follow the prescribed laxative instructions. ~~Begin drinking the laxative at your convenience, however, you must start by 6:00 PM.~~
5. After 12 midnight, nothing by mouth.
6. Day of Colonoscopy test:
 - A. You may take essential medications with a sip of water at least three hours prior to procedure. Check with the doctor.
 - B. A friend or family member 18 years or older, must accompany you to the hospital, remain in the Ambulatory Surgical Center until you are discharged and drive you home.

*Plenvu instructions - Day before test
1st Dose - 12 noon
2nd Dose - 4pm*

Example Clear Liquids - No Red or Purple

- | | |
|----------------------|-------------|
| Apple Juice | Slurpee |
| Popsicles | Ginger Ale |
| Jello | Vernors |
| Water/Flavored Water | 7-Up |
| Coffee/Tea | Sprite |
| Bouillon/Broth | Italian Ice |

*Orchard Trails
248-516-3566*

Please feel free to call our office if you have any questions.

Francine Schanta, L.P.N.