



PLEXUS GASTRO PLLC

ROJA RAMISETTY

Board Certified in Internal Medicine
& Gastroenterology/Hepatology

Address: 9025 Pardee Rd, Taylor, MI 48180

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Address: 29201 Telegraph Rd, Southfield, Michigan 48034

PH: (248) 372-9575 F: (248) 856-1260

MiraLAX 238-gram Bottle + 64oz of Gatorade



STOP THE FOLLOWING MEDICATIONS PRIOR TO PROCEDURE:

ASPIRIN	5 DAYS
MOTRIN/Ibuprofen	5 DAYS
Advil/Mobic/Naproxen/etc...	5 DAYS
Warfarin/Coumadin	5 DAYS
Plavix/Clopidogrel	5 DAYS
Brilinta	5 DAYS
ELIQUIS	4 DAYS
XERALTO	2 DAYS

1 Week Before stop IRON, WEGOVEY, OZEMPIC, TRULICITY AND MOUJARO.

***Reduce the dose by half if you take metformin the day before the procedure.**

ONE DAY PRIOR TO PROCEDURE:

****NO FOOD ALL DAY BEFORE SURGERY****

**** CLEAR LIQUID ONLY ****

ALLOW	NOT ALLOW
Black coffee/ Tea	No Cream
Jello/ Popsicles	No Red/ Purple Gatorade
Light colored Juices	No Red/ Purple Jello
Chicken and Vegetable broth Only	

****START PREP @2 pm ONE DAY BEFORE THE SURGERY****

DULCOLAX: 4 TABLETS:

- TAKE 2 PILLS AT 2 pm
- TAKE 2 PILLS AT 4 PM

MiraLAX Prep: (Pick up from Pharmacy)

- Take the 238-gram bottle of MiraLAX and mix into 64oz of Gatorade and refrigerate.
- at 5pm start the prep drinking 8oz (1 cup) every 15 minutes and finish all by 12AM.

DAY OF THE PROCEDURE:

- AT MIDNIGHT, 12 AM START FASTING. YOU MAY TAKE YOUR IMPORTANT MEDICATIONS (BLOOD PRESSURE/CARDIAC, EXCEPT THOSE LISTED ABOVE) WITH SMALL SIP OF WATER.
- REPORT TO OUTPATIENT REGISTRATION AT HOSPITAL ONE HOURS PRIOR TO YOUR PROCEDURE FOR PRE-REGISTRATION. Bring your list of all current medications including over the counter meds to your appointment.

***YOU WILL NEED TRANSPORTATION: YOU CANNOT DRIVE nor TAKE PUBLIC TRANSPORTATION TO OR FROM PROCEDURE**



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***Please IGNORE ANY text message FROM Plexus Gastro PLLC with Time.**

COLON CLEANSING TIPS

1. Stay near a toilet!!! You will have diarrhea, which can be sudden and forceful. This is normal.
2. Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.
3. Rarely, people may experience nausea or vomiting with the prep. If this occurs. Give yourself 30-90 minutes break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2-4 hours and occasionally significantly longer)
5. Anal skin irritations or flare up of hemorrhoidal inflammation may occur and can be treated with a variety of over-the-counter remedies, including hydrocortisone cream, baby wipes, or Tucks pads. Avoid products containing alcohol as they may irritate. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

CLEAR LIQUID DIET FOR COLONOSCOPY

DRINKS that are OKAY	DRINKS that are NOT OKAY
<ul style="list-style-type: none">- WATER- BLACK COFFEE (OR TEA) without MILK or Cream- Sport drinks with electrolyte- Carbonated beverages and Sodas- Apples Juice	<ul style="list-style-type: none">- Orange or pineapple juice- Milk or dairy products- Milk Shakes- Malt- Alcoholic Drinks
FOODS that are OKAY	FOODS that are NOT OKAY
<ul style="list-style-type: none">- Clear broth and soup- Honey- Hard Candies- Gelatin- Popsicles- Sugar- Fruit ices- Sorbet	<ul style="list-style-type: none">- Vegetables- Fruits- Meat or poultry products- Bread- Pasta- Rice, grains- Cereals- Seeds and nuts

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