



Preparations for Your Screening

It is important for the bowel to be completely cleaned out prior to having a colonoscopy. This will allow your physician to clearly view the walls of the colon and provide the highest quality diagnostic results. The bowel prep requires temporary dietary changes and medications and is typically started one day before the procedure. A nurse will phone you and review the bowel prep instructions prior to the procedure.

Approximately one week prior to your screening colonoscopy, you will receive an important phone call from our pre-op nurse. During this call, the nurse will take your medical history, answer any questions that you may have. Keep this brochure handy so you can follow the preparation instructions step by step.

An important note for all patients: Many medications can thin the blood. These include aspirin, Ascriptin, Ecotrin, Bufferin, Excedrin, NSAIDs such as Ibuprofen, Motrin, Advil, Naprosyn, Naproxen, Aleve, and prescription medications such as Plavix (clopidogrel), Pradaxa, and Coumadin (Warfarin). The pre-op nurse will advise you whether or not to stop these medications prior to your exam. Be sure to have a complete list of your medications available when speaking with the nurse.

If you take diabetic medications, the day before your procedure, take only half of the prescribed dosage and on the day of your procedure, do not take any at all. If you are on high blood pressure medication, please continue to take your medication as prescribed even on the morning of the procedure.

You must have a responsible adult to drive you home from your procedure. Due to sedation, you will be unable to drive for the remainder of the day.

Your Procedure is Scheduled for: _____

At: _____

MEET THE DIRECT SCREEN COLONOSCOPY PROGRAM™ PHYSICIANS



Dr. Eldad Bialecki

Board Certified in Gastroenterology and Internal Medicine

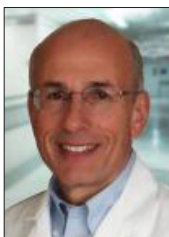
Medical School:

Ross University School of Medicine

Residency:

Metro Health Medical Center

Cape Western Reserve University



Dr. Harry Burack

Board Certified in Gastroenterology and Internal Medicine

Medical School:

Albany Medical College

Residency:

St. Louis University Hospital

Fellowship:

Washington University



Dr. Melvin Saltzman

Internal Medicine and Gastroenterology

Medical School:

Michigan State University

College of Osteopathic Medicine

Residency:

Botsford General Hospital

Fellowship:

Yale University School of Medicine

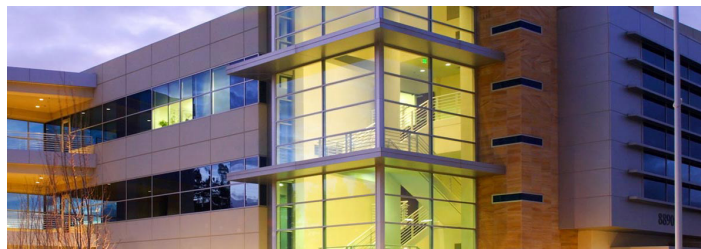
early screening
saves lives



About the Surgery Center



With a 99% Patient Satisfaction rate, Mid Rivers Surgery Center offers a high quality, service oriented environment for your surgical procedure. Additionally, we are accredited by Accreditation Association for Ambulatory health Care.



MID RIVERS SURGERY CENTER

5401 Veterans Memorial Parkway Suite 100

Saint Peters, Missouri, 63376

Phone: (636) 441-0906

Fax: (636) 928-9288

midrivers-sc.com



Direct Screen Colonoscopy Program™

PREPARATION INSTRUCTIONS

MIRALAX PREP

Purchase List:

- Miralax/Magnesium Citrate (One 10 oz bottle/238 grams)
- Gatorade-no red or purple
- Dulcolax Biscodyl/5mg-2 tablets (Laxative, NOT stool softener)

14 Days Prior to Exam

Stop any diet pills, metabolite or herbs.

7 Days Prior to Exam

Stop taking iron pills.

5 Days Prior to Exam

Stop Advil, Ibuprofen, Motrin, Aleve, Naprosyn, Iron, Aspirin or any medication taken for Arthritis. You may take Prednisone. Tylenol may be used for discomfort.

3 Days Prior to Exam

Stop taking blood thinner medications such as Coumadin, Warfarin, Proxaxa, and Xarelto. Please call the doctor who prescribed this medication for approval to hold for 3 days

1 Day Prior to Exam

Begin a clear liquid diet. See list below.

At 1:00 pm: take 2 Dulcolax tablets by mouth

At 2:00 pm: mix one bottle of Miralax or Glycolax (238 grams) in 64 oz. of liquid (Gatorade, Crystal Light, or Water) of your choice. DO NOT mix with soda or carbonated beverage

Drink an 8 oz. glass every 15 minutes until the solution is gone. Continue clear liquid diet until bedtime.

On the Day of Your Procedure

You may take your heart/blood pressure medication with a sip of water on the morning of the procedure.

If you are diabetic, NO INSULIN OR ORAL medications. Note: It takes the entire laxative solution to do a complete cleansing for an optimal exam. If your colon is not fully cleaned your screening may be rescheduled.

You may have clear liquids until midnight on

Do not eat or drink anything until after the exam.

Clear Liquid Diet list

- Clear juices without pulp (apple, white grape or lemonade only)
 - Water
- Clear broth or bouillon
 - Popsicles
- Coffee or tea without milk or non dairy creamer
 - Gatorade, soft drinks, Kool-aid, or other fruit flavored drinks
- Plain Jell-O without fruit or toppings

Important Note On Clear Liquid Selections:

- Anything with red or purple color is not allowed
- Milk products or solids are not allowed

ORANGE JUICE-2 DAY PREP

Purchase List:

- Miralax/Magnesium Citrate (One 10 oz bottle/238 grams)
- Orange Juice
- Dulcolax Biscodyl/5mg-2 tablets (Laxative, NOT stool softener)
- Mineral Oil (2.5 TBSP)

14 Days Prior to Exam

Stop any diet pills, metabolite or herbs.

7 Days Prior to Exam

Stop taking iron pills.

5 Days Prior to Exam

Stop Advil, Ibuprofen, Motrin, Aleve, Naprosyn, Iron, Aspirin or any medication taken for Arthritis. You may take Prednisone. Tylenol may be used for discomfort.

3 Days Prior to Exam

Stop taking blood thinner medications such as Coumadin, Warfarin, Proxaxa, and Xarelto. Please call the doctor who prescribed this medication for approval to hold for 3 days.

2 Days Prior to Exam

- When you get up in the morning: Take 2 Dulcolax with 8 oz. of clear liquid. See clear liquid list below.
- Between 4:00 pm—5:00 pm, take 45 cc's (2.5 TBSP) of mineral oil in 8 oz. glass of orange juice.
- In the evening, mix a 238 gram bottle of Miralax with 64 oz. Gatorade and put in refrigerator to chill for day 2. You can add ice to your Gatorade.

1 Day Prior to Exam

You may only have clear liquids on this day.

- When you get up in the morning, take 2 Dulcolax tablets with 8 oz. of clear liquid.
- No later than 4:00pm, start drinking the Gatorade mixture. You will need to drink an 8oz. Glass every 30 minutes until the entire mixture is gone. This should take about 4 hours. Continue the clear liquid diet until midnight.
- If you are diabetic, the day before your procedure, take half your dose of medication. NO INSULIN Or ORAL MEDICATION the morning of your procedure.

Day of Exam

You can take your cardiac, blood pressure and breathing medication the morning of your procedure with a small sip of water.

Clear Liquid Diet List

- Coffee, tea, or water
- Limeade or lemonade
 - Clear broth/bullion
 - Gatorade
- Soft drinks with or without carbonation
- Clear hard candies (like Jolly Ranchers)
- Fruit juices, without pulp, including apple, orange, white grape, or white cranberry
 - Coffee or tea

Important Note On Clear Liquid Selections:

- Anything with red or purple color is not allowed
- Dairy or non dairy creamers are not allowed