

SUDARSHAN SINGAL, M.D., F.A.C.G.
Gastroenterology

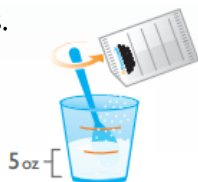
2070 Biddle Ave., Suite 1, Wyandotte, MI 48192 • (734) 283-4460
4160 John R, Suite 608, Detroit, MI 48201 • (313) 883-1333

INSTRUCTIONS FOR COLONOSCOPY

You are scheduled for a procedure at Southgate Surgery Center on _____. Their staff will call you the day before your procedure to provide your **arrival** time. Duration of the average stay is 2-3 hours.

THE DAY BEFORE THE TEST

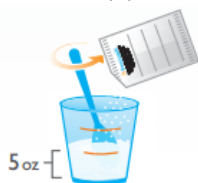
1. **You must have a liquid diet all day.** See Instructions for Liquid Diet.
2. At **2:00 pm**, fill the Prepopik dosing cup provided with cold water up to the lower (5-ounce) line on the cup. Pour in the contents of one (1) packet. Stir for 2-3 minutes until dissolved. Drink the entire contents.



3. Follow with five (5) 8-ounce drinks of clear liquid, taken at your own pace within the next five (5) hours.



4. At **8:00 pm**, repeat steps 2 and 3 with the second packet and follow with three (3) 8-ounce drinks of clear liquid within five (5) hours, before bed.



5. **Do not eat or drink anything after 1:00 am.**

THE DAY OF THE TEST:

1. If you are taking medication(s) for your blood pressure or your heart, take it (them) with a small amount of water.
2. Arrive promptly at the surgery center at the time listed above.
3. You must have someone with you at the surgery center during your entire stay and to drive you home. If you have a problem and need a driver, please call Southgate Surgery Center to request courtesy transportation or to reschedule the procedure.
4. If you are taking **aspirin**, please discontinue two (2) days prior to the test. If you are taking **Coumadin** or **Plavix**, please discontinue seven (7) days prior to your test.