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Sonia Lousia, PA-C, RD



*Board Certified in Gastroenterology*

Appointment Date: \_\_\_\_\_

Time: \_\_\_\_\_

Doctor: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

If you have any questions, your appointment was scheduled by: \_\_\_\_\_

### OSMO PREP

Colonoscopy is a routine, generally safe procedure to examine the bowel. These are the steps you must take to ensure your procedures goes as smoothly as possible.

#### **A FEE APPLIES IF APPOINTMENTS ARE CANCELLED WITHOUT 48 HOURS NOTICE**

- Please arrange for a driver. Your driver must stay at the facility for the entire procedure.
- Do not take iron tablets for four (4) days prior to your exam. Please inform us if you are taking aspirin, Plavix (clopidogrel), non-steroidal anti-inflammatory medications, insulin, or blood thinners (Coumadin, Lovenox, etc.), as these medications will need individual modifications prior to your test.
- Take your usual medications the morning of your test with a small sip of water.
- Avoid seeds, nuts, popcorn and salads for at least two (2) days before your test.

#### TO PREPARE FOR YOUR TEST

- Fill your prescription at least 2 days before procedure.
- Drink clear liquids only (fluid you can “see through”) throughout the day before your test.
- Examples of clear liquids: water, coffee, apple juice, white sodas, Vernor’s, clear broth, white grape juice, jello and popsicles. Avoid red or purple liquids.
- Evening before test:
  - ◆ Osmoprep First Regimen – Beginning at 5 pm, take four (4) tablets with 8oz. of any clear fluid every fifteen (15) minutes for a total of five (5) doses (twenty tablets).
  - ◆ Osmoprep Second Regimen – at 9 pm, take four (4) tablets with 8oz. of any clear fluid every fifteen (15) minutes for total of three (3) doses (twelve tablets).
- Nothing to drink after midnight except your usual AM medications with a small sip of water.
- If your appointment is after noon, you may consume clear liquids up until six (6) hours before your exam.

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Farmington Hills, MI 48334  
248.985.5000  
248.985.5500 fax

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Warren, MI 48093  
586.573.8380  
586.573.8979 fax

26850 Providence Parkway #510  
Novi, MI 48374  
248.662.4300  
248.662.4301 fax

22250 Providence Drive #208  
Southfield, MI 48075  
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## **DAY OF EXAM:**

- St. John Macomb Hospital:** Go to Outpatient Registration, 11800 E. 12 Mile Rd., Warren, **586-573-5160**.
- Michigan Endoscopy Center:** 30055 Northwestern Hwy., Suite L60, Farmington Hills, **248-865-6555**.
- Providence Hospital:** Go to the Main Entrance of Providence Hospital, 16001 West Nine Mile Road, Southfield, **248-849-3474**. When you enter the building, go to the registration desk.
- Providence Park Medical Center:** Go to the Outpatient entrance, 47601 Grand River Avenue, Novi, **248-465-4170**.
- Beaumont Hospital:** Go the north entrance, 3601 West Thirteen Mile Road, Royal Oak, **248-551-5000**. When you enter the building go to the registration desk.
- Beaumont West Bloomfield Center:** 6900 Orchard Lake Rd, Lower Level, Suite 100, West Bloomfield, **248-406-2400**.
- DMC Lahser Campus:** Go the Endoscopy suite, 27207 Lahser Road, Suite 200A, Southfield, **248-359-5575**.
- DMC/Sinai-Grace Hospital:** Go to the main entrance, 6071 W. Outer Dr., Detroit, **313-966-3300**. Take elevators to 4th floor. Follow sign to Endoscopy Unit.
- St. Mary Hospital:** Go to South entrance to information desk, 36475 Five Mile Rd., Livonia, **734-464-8800**.