



COLONOSCOPY INSTRUCTIONS

◆ 419-227-0341 ◆

** CANCELLATIONS UNDER 48 HOURS OR
NO SHOWS may result in a FEE or INABILITY TO
RESCHEDULE (please refer to our Financial Policy)**

PLEASE READ THESE INSTRUCTIONS CAREFULLY, AS SOON AS YOU RECEIVE THEM!!!

DATE: _____ ARRIVAL TIME: _____ PROCEDURE TIME: _____

The Endoscopy Center of West Central Ohio
2793 Shawnee Road
Lima, Ohio

Additional Instructions:General Instructions:

Please let us know if you have an ***Implantable Defibrillator***
(a device that will shock the heart if it stops beating)

- **DO NOT** eat corn or popcorn 1 (one) week before your procedure.
- **DIABETIC PATIENTS** please follow these guidelines:
 - Oral antidiabetic medications** – **do not** take the day before or day of your procedure
 - Insulin** –day before exam take ½ a dose in the morning or afternoon,
NO evening doses of insulin the day before exam
 - Sliding Scale Insulin** – check blood sugar and follow the scale
- You will need to **have a designated driver, WHO REMAINS IN THE FACILITY AT ALL TIMES on the day of your procedure**, (not a taxi) as you will be sedated and too sleepy to drive yourself home.
- Consider preparing/purchasing items from the clear liquid list ahead of time (ex. preparing Jell-O).
- You will need to **PURCHASE THE FOLLOWING** from a drug store:
 - 1 bottle of Magnesium Citrate (no red)
 - **One 238gm bottle** of Polyethylene Glycol (Miralax) and 64 oz. of sugar-free Crystal Light / Clear Liquid of your choice.
 - 15 Senokot (Senna) tablets (8.6mg each)

Two (2) Days Before Examination:

1. At **7:00 p.m.** two days before colonoscopy, drink one bottle of Magnesium Citrate. Have only “Clear Liquids” from now until after the procedure.

Day Before Examination:

1. Drink **ONLY “Clear Liquids”** for the **ENTIRE** day prior to the procedure (from the time you wake up until the time you go to bed). **Drink at least 2 quarts of “Clear Liquids”**. Solid foods, milk or milk products are **NOT** allowed!
2. At **12:00 noon** the day before the colonoscopy, take **15** Senokot(Senna) tablets. Continue clear liquids diet.
3. At **3:00p.m.** the day before the colonoscopy, mix 238gm.bottle of Miralax in 64oz. of sugar-free Crystal Light / sugar-free Clear Liquid of your choice. Shake the solution until the Miralax is dissolved. Drink 1 (one) 8oz. glass every 20- 30 minutes **until half (32oz.) is gone. Save the other ½ for the later.**
4. **8 hours before you leave for procedure:** drink the remaining solution of Miralax. Drink 1 (one) 8oz. glass every 20-30 minutes until gone. ***This may mean you will need to get up in the middle of the night to take your last dose***

***YOU MUST STOP DRINKING ANY CLEAR LIQUIDS
FOUR (4) hrs BEFORE YOUR PROCEDURE***

Day OF Examination:

1. **NO** chewing gum or any tobacco products (smoking, chewing, snuff, etc.). **NO SMOKING OR INGESTION OF MARIJUANA OR ALCOHOL OF ANY KIND WITHIN 24 HOURS OF YOUR PROCEDURE.**
2. If you use an inhaler, please bring it with you.
3. **4 hours before you leave for your procedure:** Please take heart, blood pressure and/or seizure medication (if normally taken in the morning), with ONLY a small SIPS of water.

CLEAR LIQUIDS INCLUDE:

- Strained fruit juices, without pulp
(apple, white grape, white cranberry)
- Water
- Clear broth (chicken or beef)
- Gatorade (**NO RED**)
- Black Coffee
- Ice Popsicles
- Clear carbonated and non-carbonated
Soft drinks (7-Up, Sprite, etc.)
- Kool-aid & fruit flavored drinks
- Plain Jell-O (**NO RED** and without
added fruits or toppings)
- Unsweetened Tea