

GASTRO HEALTH

COLONOSCOPY INSTRUCTIONS

◆ 419-879-3636 EXT 181 ◆

** 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 diabetic 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)
 - 15 Senokot Tablets (**8.6 mg each**) (Generic may be substituted)

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 **5:00pm** on the evening before the colonoscopy, you should take 15 Senokot tablets. You may continue clear liquids until midnight.
3. **8 hours before you leave for procedure:** Drink one (1) bottle of Magnesium Citrate (NO RED) ****This may mean you will need to get up in the middle of the night to take this****

YOU MUST STOP DRINKING ANY CLEAR LIQUIDS SIX (6) 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 or it may be cancelled.**
2. If you use an inhaler, please bring it with you.
3. **4 hours before you leave for your procedure:** If you take heart, blood pressure and/or **seizure medication** (if normally taken in the morning), please take these pills with ONLY a small SIP of water.

MEDICATIONS TO STOP 1 WEEK PRIOR TO YOUR PROCEDURE.

These medications (GLP-1 receptor agonists) can cause food to remain in your stomach and should be stopped to reduce this risk.

Byetta (Exenatide)
Victoza (Liraglutide)
Adlyxin (Lixisenatide)
Sexenda (Liraglutide)
Lyxumia (Lixisenatide)
Mounjaro (Tirzepatide)
Trulicity (Dulaglutide)
Ozempic (Semaglutide)
Wegovy (Semaglutide)
Rybelsus (Semaglutide)
Bydureon (Exenatide)

CLEAR LIQUID LIST: (NOTHING RED)

- Clear strained fruit juice (**NO RED**)
- Clear broth (chicken or beef)
- Plain flavored gelatin (**NO RED**)
- Sugar and salt
- Fruit ices (popsicles) (**NO RED**)
- Gatorade (**NO RED**)
- Clear carbonated and non-carbonated soft drinks
- Kool-aid and other fruit flavored drinks (**NO RED**)
- Black Coffee
- Unsweetened Tea

***NO COLAS, MILK PRODUCTS, OR SOLID FOODS**

*****CLEAR FLUIDS MUST BE STOPPED SIX (6) HOURS PRIOR TO YOUR PROCEDURE TIME*****