



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

COLONOSCOPY INSTRUCTIONS ♦ 419-879-3636 ♦

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.**

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