



## 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:

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### General Instructions:

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

- **Discontinue** iron medications, vitamins with iron, and fiber supplements: Metamucil, Citrucel, Fiber-Sure, etc. one week before your procedure.
- **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:**
  - **One** 238gm bottle of Polyethylene Glycol (Miralax) and 64 oz. bottle of sugar-free Crystal Light / Clear Liquid of your choice.
  - **15** Senokot (Senna) tablets (8.6mg each)

### 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** on the **day before** the colonoscopy, you should take the **15** Senokot (Senna) tablets. Continue clear liquids diet.
3. At **3:00p.m.** The **afternoon 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** of the solution is gone (a total of 4 glasses or 32oz.). **Save the other ½ for the later.**
4. **8 hours before you leave for procedure:** Drink the remaining solution of the Miralax in Crystal Light or Clear Liquid of choice. Drink 1 (one) 8oz. glass **every 20- 30 minutes until the remaining solution is gone.**

**\*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.).
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