

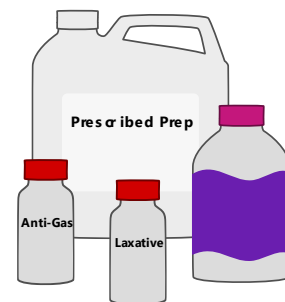
Put these instructions somewhere you can see them. Follow every step to get ready for your colonoscopy. **By the end of your bowel prep, your stool should be a clear or yellow liquid.** If it is still brown, the doctor may not be able to see your colon clearly, and your procedure might need to be rescheduled. Questions? Call 614-754-5500 or visit ohiogastro.com.

Special Instructions

- If you take a **GLP-1 medicine** (like Ozempic, Wegovy, Mounjaro, or similar), do NOT have it for 7 days before your procedure. Call us if you took any during this time.
- If you have a **heart defibrillator**, call us right away. Your procedure must be scheduled in a hospital.
- If you have **diabetes**, call your primary care doctor to ask if you need to adjust your diabetes medicine before and on the day of your procedure. Check your blood sugar often during this time.
- **WARNING:** This bowel preparation has rarely been associated with low sodium levels. **It is very important to follow every instruction; especially how much you need to drink.**

7 Days Before Your Colonoscopy

- Buy these items:
 - Your prescribed 4 L PEG Prep Solution from your pharmacy
 - 119 g (7 once daily doses) of MiraLAX or a generic brand like "gentle-lax"
 - Anti-gas tablets with simethicone (like Gas-X) - at least 4 tablets
 - Laxative tablets (Bisacodyl) - at least 2 tablets
- Take 1 dose (1 capful) of MiraLAX **every morning for 7 days before your procedure.** Follow the directions on the bottle. Your last dose should be the day before your appointment.
- Arrange for a responsible adult to drive you to and from your procedure, sign you out, and remain responsible for your care afterward. **We require a responsible adult driver. If your driver cannot be confirmed when you arrive, we will NOT provide sedation and may reschedule your procedure. Taxi or Uber will NOT be accepted for safety.**
- Stop eating raw vegetables, lettuce, nuts, and foods with small seeds or corn. Stop taking iron (including medications or multivitamins with iron) and fiber supplements (like Metamucil, Benefiber, or Fibersure.).



2 Days Before Your Colonoscopy

- Before 9 a.m.** - Eat a light breakfast (like toast and eggs)
- 9 a.m. - Start a clear liquid diet.** Have only clear liquids the rest of the day (like water, chicken broth, apple juice, popsicles, Jell-O, coffee, or soda). DO NOT have alcohol, red liquids, red Jello, red popsicles, or creamers. DO NOT eat any solid food.
- 10 a.m.** - Take 2 laxative (Bisacodyl) tablets.
- Drink at least 8 fl oz of clear liquid every hour throughout the day.

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continue.

Prep Instructions Continued

Day Before Your Colonoscopy

- Keep drinking clear liquids (no red coloring, alcohol, or creamers) until these instructions tell you to stop. DO NOT eat any solid food.
- Confirm your responsible adult driver.
- Mix all of your 4 L PEG Prep Solution with water following the product instructions. Put it in the fridge.
- 9 a.m.** - Drink at least 8 fl oz of clear liquid every hour until 5 p.m.
- 5 p.m.** - Drink 1 glass (8 fl oz) of your Prep Solution every 15 minutes until you finish half of it. Put the rest back in the fridge for tomorrow. Then continue drinking clear liquids to stay hydrated.
- 9 p.m.** - Take 2 anti-gas tablets.

Day of Your Colonoscopy

- For your safety, we recommend you do not smoke or vape, use marijuana, or chew tobacco.
- Keep drinking clear liquids (no red coloring, alcohol, or creamers) until these instructions tell you to stop. DO NOT eat any solid food.
- Patients meeting our policy requirements must take a urine pregnancy test before procedures.
- At least 6 hours before your arrival time** - Drink 1 glass (8 fl oz) of your Prep Solution every 15 minutes until all of it is gone. You must finish all of it at least 4 hours before your arrival time.
- 4 hours before arrival time** - Take 2 anti-gas tablets and your regular medicines with small sips of water.
- 4 hours before arrival time - STOP drinking water and clear liquids. DO NOT have anything by mouth before your arrival time. DO NOT eat, drink, chew gum, suck on hard candy, or use lozenges. If you do, your procedure will be delayed or cancelled.**
- 1 hour before procedure time** - Arrive at the front desk where you will have your procedure so we can get you ready. Bring your insurance card, a photo ID, and a list of your medicines. Leave valuables at home (like cash, watch, and jewelry). Do not wear contact lenses.

