

**GASTROENTEROLOGY AND HEPATOLOGY OF NW OH**  
**NOUFAL JAJEH, M.D., M.S.**  
**BOARD CERTIFIED IN INTERNAL MEDICINE AND GASTROENTEROLOGY**

Main Office  
930 Wapakoneta Ave.  
Sidney OH, 45365  
P: (937)492-1575  
F: (937)949-2707

**Gastroenterology & Hepatology  
of Northwest Ohio  
528 W. Market St., Suite 120  
Lima, Ohio 45801**

Ashley Direct line 937-419-0929

**INSTRUCTIONS FOR COLONOSCOPY**

**FROM THE PHARMACY:** Prescription for 255 gram bottle of Miralax and 4 Dulcolax tablets. Purchase two 32 oz. bottles of Gatorade or 64 ounces of an approved clear liquid listed below. **(NO RED OR PURPLE)**  
**FIVE DAYS PRIOR TO YOUR PROCEDURE:**

- If you have been told you need an antibiotic prior to any procedure please inform the office if you have not already done so.
- **STOP** all medications that contain iron, these include iron supplements and vitamins with iron. **STOP** all medications that can cause bleeding, these include: Aspirin, Advil, Aleve, Naproxen, Pradaxa, Coumadin, Warfarin, Plavix, Xarelto, Alka Seltzer, Percodan, Fish Oil, Vitamin E, Omega 3 or others. You are responsible to check with your prescribing doctor prior to stopping.
- **STOP** all anti-inflammatory type drugs including: Ascriptin, Celebrex, Buffrin, Empirin, Diclofenac, Motrin, Ibuprofen, Indocin, Persantine, Ticlid, Garlic Pills, St. Johns Wart, or others.
- **STOP** all fiber supplements. **STOP** eating corn and popcorn.
- If you are a diabetic, please discuss the dosing of your diabetic medications with the physician that monitors your diabetes. Most diabetics are comfortable taking 1/2 their diabetic medications the day before the procedure and none the morning of their procedure.

**TYLENOL AND OTHER BRANDS WHICH CONTAIN ACETAMINOPHEN ARE SAFE TO USE PRIOR TO PROCEDURE.**  
**ONE DAY BEFORE THE PROCEDURE: \*\*NO SOLID FOODS\*\***

**Start the clear liquid diet at breakfast, nothing solid at all.** Do not have any milk products or anything red or purple. Clear liquid diet suggestions: **NO RED OR PURPLE**

Coffee (no cream or milk substitute)

Tea

Jell-O (no red or purple)

Popsicles (no red or purple)

Apple Juice

Water

Cola drinks (7-up, Ginger Ale, Pepsi, Coca-cola, etc...)

Beef Broth

Chicken Broth

White Grape Juice

Orange Drink / Juice without pulp    Lemon Drink without pulp  If you take

Sulfasalazine for bowel inflammation please stop this.

- At 9:00 A.m. take the 2 Dulcolax tablets.
- At 5:00 p.m. mix Miralax with 64 ounces of Gatorade or an approved clear liquid until completely dissolved. Drink an 8 oz. glass of the mixture every 10-15 minutes until it is gone. **(No red or purple)**

**Once you drink the Miralax solution take the 2 additional Dulcolax.**

- Continue only clear liquids until midnight. **(Nothing more by mouth after midnight.)**

**THE DAY OF THE PROCEDURE:**

- Do NOT take any morning medications the morning of the procedure, you may take them after the procedure unless instructed otherwise.

- **PLEASE BRING YOUR MEDICATIONS OR A CURRENT LIST INCLUDING DOSAGES.**   
**IF YOU HAVE SLEEP APNEA PLEASE BRING YOUR CPAP MACHINE.**

**YOU WILL NEED TO HAVE A RESPONSIBLE PERSON DRIVE AFTER THE PROCEDURE!! (THIS DOES NOT INCLUDE TAXI SERVICE AT MOST FACILITIES.) YOU ARE NOT TO DRIVE FOR 24 HOURS AFTER PROCEDURE.**

Date: \_\_\_\_\_ Procedure Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

\_\_\_ Lima Memorial Hospital

\_\_\_ Wilson Memorial Hospital (Sidney Ohio) Door 18

1001 Bellefontaine Ave Pre-register 419-226-5088

915 W. Michigan St Pre-Admissions Testing 937-498-5514