

Digestive Disease Care for All (DDCA)

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(863) 802 - 1111

Instructions for Colonoscopy

- If you are taking Coumadin, Warfarin, Jantoven, Aspirin or any other blood thinner, you must stop these medications 3 days prior to your procedure.
- It is recommended to stop eating vegetables 3 days before your procedure.

Your test is scheduled on _____. The surgery center you are scheduled with will call you the business day before with the time of your procedure. You must do the following to properly prepare for your procedure.

On _____ (THE DAY PRIOR TO THE TEST) You must do the following:

- For the ENTIRE DAY you must be on a CLEAR LIQUID DIET! You may have Broth, Coffee (no creamer of any kind), Tea (no creamer of any kind), soda, apple juice, white grape juice, clear cranberry juice, Gatorade, Jell-O, popsicles and water. **NOTHING RED OR PURPLE.** You may **NOT** have any milk products or citrus juices.
- Take 4 Dulcolax tablets at 2:00 pm.
- You will need to drink 2 bottles of Magnesium Citrate, clear flavors only.
 - Drink bottle #1 at 4:00 pm
 - Drink bottle #2 at 7:00 pm
- It is very important to drink plenty of clear liquids throughout the day to properly prepare you for your procedure. Good prep is an invaluable contribution to the best results of your test. Failure to do so may cause your test to be rescheduled.

NOTHING BY MOUTH AFTER MIDNIGHT PRIOR TO THE PROCEDURE

On the day of your procedure _____, you are to arrive one hour prior to the procedure to register and get prepped. Bring your ID and insurance card and your copay/coinsurance if applicable.

If you are unable to keep this appointment, please make sure to call our office at (863) 802-1111. Failure to cancel 3 days ahead of time will result in a \$75 Cancellation fee.

Lakeland Hills Surgery Center: 3340 Lakeland Hills Blvd, Lakeland, FL 33805 863-682-3239

Winter Haven Surgery Center: 325 AVE B NW, Winter Haven, FL 33881 863-291-4000