

**GASTROENTEROLOGY OF WEST CENTRAL OHIO, INC.**

**ABDULLA TAJA, M.D.**

**SHERI MILLER APRN-NP**

PRACTICE LOCATIONS:

**Main Office**

375 N. Eastown Rd.  
Lima, OH 45807

**Sidney Office**

915 W. Michigan St.  
Professional Bldg.  
Suite 103  
Sidney, OH 45365

www.gastrowco.com

Phone: (419) 228-3500

Toll Free: 1-877-4DR-TAJA

Fax: (419) 228-6700

---

**INSTRUCTIONS FOR COLONOSCOPY**

**FROM THE PHARMACY:** Prescription for 255 gram bottle of Miralax and 15 Senna tablets. Purchase two 32 oz. bottles of Gatorade or 64 ounces of an approved clear liquid listed below. **(NO RED, PURPLE, OR BLUE)**

**FIVE DAYS PRIOR TO YOUR PROCEDURE:**

- **If you have been told you need an antibiotic prior to any procedure please inform the office**
- **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, Mobic, 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 ½ 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, purple, or blue.**

**Clear liquid diet suggestions: NO RED, PURPLE, OR BLUE**

*Coffee (no cream or milk substitute)*

*Tea*

*Jell-O (no red or purple)*

*Popsicles (no red or purple)*

*Apple Juice*

*Orange Drink / Juice without pulp*

*Water*

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

*Beef Broth*

*Chicken Broth*

*White Grape Juice*

*Lemon Drink without pulp*

- If you take Sulfasalazine for bowel inflammation please stop this.
- At 4:00pm. take the 15 Senna 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, purple, or blue)**
- Continue only clear liquids until midnight. **(Nothing more by mouth after midnight.)**

**THE DAY OF THE PROCEDURE:**

- **If you take heart, blood pressure or seizure medication you must take it with a small sip of water up to 3 hours prior to leaving for the procedure.** If not, nothing by mouth.
- **PLEASE BRING YOUR MEDICATIONS OR A CURRENT LIST INCLUDING DOSAGES.**
- **IF YOU HAVE SLEEP APNEA PLEASE BRING YOUR C-PAP or BiPAP 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:** \_\_\_\_\_  
\_\_\_\_ St. Rita's Medical Center \_\_\_\_\_ Lima Memorial Hospital \_\_\_\_\_ **Wilson Memorial Hospital (Sidney Ohio) Door 18**  
2<sup>nd</sup> Floor (Outpatient Surgery) (Outpatient) Pre-register 419-226-5030 915 W. Michigan St Pre-Admissions Testing 937-498-5514  
\_\_\_\_ Digestive Health and Endoscopy Center  
375 N Eastown Rd. 419-228-3500

\*We will pre-certify this procedure however please verify coverage with your insurance.

\*\*\*Specimens taken are sent to West Central Ohio Histology, LLC. Please contact your insurance company to confirm they are in network prior to your procedure. If they are not, inform the nurse that admits you to send your biopsy to either Lima Pathology or Lima Memorial Hospital.

\*\*Please contact Dr. Taja's staff with any questions you may have regarding this procedure at 419-228-3500 01/13drt