



Digestive Specialists, Inc.
 Digestive Endoscopy Center, LLC
 www.digestivespecialists.com

2 Day OCL Prep Instructions

Please read these instructions thoroughly to ensure a successful preparation for your procedure.

Date _____ Time of Arrival _____

- Sugarcreek Twp.** 4340 Clio Road, Suite 100
- Dayton** 1530 Needmore Road, Suite 100
- Huber Heights** 5697 Shull Road
- Springboro** 77 W. Eleanor Drive
- Miami Valley Hospital** One Wyoming Street • Dayton, 45409
- Kettering Medical Center** 3535 Southern Boulevard • Kettering, 45429

Colonoscopy Prep

1. OCL Solution
 - prescription required
2. Dulcolax (bisacodyl) Laxative
 - 2 tablets


1 bottle of Magnesium Citrate (only if checked)

You are scheduled with Dr. _____

The Medical Assistant may be reached at _____.

After 5:00 PM or on weekends, call (937) 534-7330 to page your doctor.

Important Information

- For 7 days prior to your procedure stop taking iron supplements.
- For 3 days prior to your procedure drink plenty of fluids to hydrate yourself.
- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- Complete the entire preparation per the instructions on the back. If you get nauseated or vomit when drinking the prep and you have not finished the entire amount:
 - Stop drinking any further prep or liquids for the next hour until nausea/vomiting has subsided then restart drinking it until finished.
 - If you still cannot finish the prep, please call us at the number listed above.
- Bring a licensed driver. You will not be allowed to drive home.
- You may *not* take a cab alone.
- Do not smoke on the day of your procedure. 

On _____ (Two days prior, only if box checked)

- Take 1 Magnesium Citrate (Over the counter) at 6 pm.

On _____ (day before your procedure)

- Begin clear liquid diet as instructed on the right. ⇒
- Do not eat any solid foods until after your procedure is completed
- Drink as much clear liquid as you can all day in order to remain well hydrated.
- At 12:00 NOON, take 2 Dulcolax tablets
- At 4:00PM mix the prep solution by adding water to the fill line. *If you prefer to drink it cold, please mix and refrigerate up to 4 hours prior to drinking.*
- Between **4:00- 6:00 PM** drink eight 8 oz glasses of the prep solution



Clear Liquids Diet

(Liquids you can see through)

- *Gatorade is preferred*
- Clear fruit juices, white grape juice and apple juice
- Kool-Aid or PowerAde
- Clear soup, broth or bouillon
- Water
- Tea or coffee - *No cream* (May have sugar)
- Hard candies
- Soda pop
- Jell-O or popsicles
- Nothing red or purple
- Nothing alcoholic
- No protein drinks or smoothies

2nd Half of OCL Prep- *Even if you are passing clear liquid the night before, you still need to complete the prep.*

On _____ at _____ AM / PM (6 hours before your arrival time)

- Drink another eight 8 oz glasses of the prep solution over the next two hours.



After completing the second part of the prep: Do not drink anything. Do not chew gum or eat hard candy.

