



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

## Same Day OCL Prep Instructions

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

**You may need special instructions. Please let us know if you:**

- Are taking **Coumadin, Plavix** or any other blood thinner
- Are **Diabetic**
- Had a **Heart Attack** or **Stroke** in the past six months
- Have an **Artificial Heart Valve** or **Heart Defibrillator**
- May be **Pregnant**

**Colonoscopy Prep**

1. OCL Solution  
– prescription required
2. Simethicone 80 mg  
– 2 chewable tablets  
**Do not use Gas-X**
3. Dulcolax Laxative  
– 2 tablets

**Date** \_\_\_\_\_ **Time of Arrival** \_\_\_\_\_

- Kettering** 999 Brubaker Drive (Blue Canopy) Suite 2 \_\_\_\_\_ Suite 3 \_\_\_\_\_
- Dayton** 1530 Needmore Road, Suite 100
- Huber Heights** 7415 Brandt Pike (Blue Canopy)
- Springboro** 77 W. Eleanor Drive

You are scheduled with Dr. \_\_\_\_\_. The Medical Assistant, \_\_\_\_\_ may be reached at \_\_\_\_\_. After 5:00 PM or on weekends, call (937) 293-2169 to page your doctor.

**Bring a licensed driver. You will not be allowed to drive home. You may not take a cab alone.**

### **Prep Instructions** - Please read line by line to ensure a successful preparation

**7 Days before your procedure – Date:** \_\_\_\_\_

- Do not eat any Olestra products such as Olean WOW potato chips or Pringles Reduced Fat.
- Stop taking iron supplements.

**3 Days before your procedure – Date:** \_\_\_\_\_

- Avoid all high fiber foods especially fruits, vegetables, nuts and seeds until after your procedure.
- Drink plenty of fluids.

**1 Day before your procedure – Date:** \_\_\_\_\_

- **Breakfast:** You may eat solid foods, continuing to avoid the high fiber items listed above.
- **Lunch:** Begin a full liquid diet as instructed on next page. Do not eat any solid foods.

- **Dinner:** Begin Clear Liquid Diet as instructed on the right. Do not consume liquids that contain milk products or eat any solid foods.
- Continue to drink as much clear liquid as you can in order to remain well hydrated.
- Do not drink any alcoholic beverages.

**Day of your procedure – Date:** \_\_\_\_\_

**1<sup>st</sup> part of OCL Prep**

- At **5:00 AM**, take 2 Dulcolax tablets with one glass of clear liquid.
- Then immediately take the first dose of the OCL prep.
  - 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.*
  - Drink 8 oz. every 15 minutes (8 glasses). It will take approximately 2 hours to finish this dose.
- Continue to drink clear liquids to keep you well hydrated until the second part of the prep.

**2<sup>nd</sup> part of OCL Prep**

*Even if you are passing clear liquid the night before, you still need to complete the prep.*

- At \_\_\_\_\_ **AM**, take the second dose of the prep – 6 hours before your arrival time.
  - Start drinking the rest of the prep solution. Drink 8 oz. every 15 minutes until gone. It will take approximately 2 hours to finish this dose.
- Next, take 2 chewable Simethicone 80 mg tablets.

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

**Important Information**

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- Take heart, blood pressure or seizure medications with a small amount of water up to 2 hours before your procedure.
- Complete the entire preparation. If you get nauseated or vomit when drinking the prep and you have not finished the entire dose:
  - Stop drinking any further prep or liquids for the next hour until nausea/vomiting has subsided.
  - Restart the prep and finish it.
  - If you still cannot finish the prep, please call us at the numbers on the front page of these instructions.
- **Bring a licensed driver.** You will not be allowed to drive home. You may *not* take a cab alone.

**Full Liquids Diet**

- Milk
- Milkshakes
- Protein shakes
- Ice cream
- All clear liquids as below

**Clear Liquids Diet**

- **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**
- Hard candies
- Soda pop
- Jell-O or popsicles
- **Nothing red or purple**
- **Nothing alcoholic**