

**White Wilson Medical Center**  
**Dr. Christopher Abrasley, Dr. C. Mark Riggensch**  
Colonoscopy Prep Instruction

Your colonoscopy is scheduled on: \_\_\_\_\_

**Location:**

Emerald Coast Surgery Center, 995 Mar Walt Drive, Fort Walton Beach, Phone: (850) 863-7887

**Time:**

You will be contacted by the Emerald Coast Surgery Center (ECSC) 2 days prior to your procedure date to be given a time of arrival. Please do not call the clinic to request the time, as we do not handle the ECSC schedule.

**Pre-register:**

At least 7-10 days prior to your procedure, pre-register at [www.emeraldcoastsurgerycenter.com](http://www.emeraldcoastsurgerycenter.com). If you do not have computer access, you may register by phone (850) 863-7887, or in person at the Emerald Coast Surgery Center.

**Financial:**

Emerald Coast Surgery Center will contact you 3-5 days in advance to discuss your out of pocket expense, or you may call them. If you do not receive a call, you will owe nothing at check in.

**Cancellations and Rescheduling:**

Our goal is to provide quality individualized medical care in a timely manner. Late cancellations and reschedules create inconvenience and prevent scheduling of other patients who need access to medical care in a timely manner. We understand situations arise when you may need to cancel your appointment or reschedule and we appreciate at least a 72 hours in advance when that happens. This helps us be respectful of other patients needs and enables us to give the appointment time to another patient who needs to see us. Patients will be charged a \$250.00 administration fee (for any NO SHOW occurrence) for a visit that includes a scheduled medical procedure. This fee is non-refundable by your insurance company,

**\*\*\*7 days prior to your procedure avoid seeds, nuts, popcorn and poorly digested vegetables (corn, broccoli, etc.)\*\*\***

**Any questions regarding your procedure please call our office at 850-863-8260 opt #3**

## 2 days before your procedure:

- ✓ 8:00 AM Drink one bottle of Magnesium Citrate (this is over the counter)
- ✓ No solid foods all day
- ✓ **Drink FULL LIQUIDS all day for breakfast, lunch and dinner.** Full liquids include the following: Milkshakes, pudding, fruit and vegetable smoothies, fruit juice, strained creamy soups, mashed potatoes, Coffee, Tea, Gelatin, Ice cream, sherbet, sorbet, yogurt, soft drinks

## 1 day before your colonoscopy:

- ✓ 8:00 AM Drink one bottle of Magnesium Citrate (this is over the counter)
- ✓ No solid foods all day
- ✓ **Drink CLEAR LIQUIDS all day for breakfast, lunch and dinner.** Clear liquids include the following: Apple juice, White grape juice, Beef or Chicken Broth, Jell-O, Gatorade, Popsicles, Soft drinks, Coffee, Tea, Kool Aid, Honey, Clear hard candy, Gummi bears \*\*\*Do not drink: cream/milk products, including non-dairy creamer, pulp products, alcohol, or products containing red or purple dye(this looks like blood on the scope)
- ✓ 4:00 P.M Drink first dose of Bowel Prep
  1. Use the mixing container to mix the contents of dose 2 (one pouch A and one pouch B) as you did previously.
  2. Drink an additional 16 to 32 ounces of clear liquids

## The day of your procedure

### The day OF your procedure: 5 hours before your scheduled procedure time:

- Drink the second dose of solution**
  1. Use the mixing container to mix the contents of dose 2 (one pouch A and one pouch B) as you did previously.
  2. Drink an additional 16 to 32 ounces of clear liquids.
  
- When you are finished with the prep you MAY NOT have anything by mouth until after your procedure**
  
- Take ONLY essential AM medications with a tiny sip of water before leaving your house for the procedure.**

**BRING SOMEONE WITH YOU TO DRIVE YOU HOME**, they must remain in the center, as you are sedated for this procedure and will not be able to drive yourself. Taxi and rideshares are not permitted.