



## Colonoscopy with OsmoPrep®

Procedure Date \_\_\_\_\_ Time \_\_\_\_\_ Arrival Time \_\_\_\_\_

### Preparation

**NOTE: You must be accompanied by a friend or relative to drive you home. We would also ask that someone remain with you during your stay to speak with the doctor following your procedure.**

Colonoscopy is an examination of the colon (large bowel) with a flexible tube, about the thickness of your pinkie finger, which transmits a live color image onto a television screen. Your efforts, at cleansing your colon, are essential for an accurate procedure. **If you have kidney failure, unstable angina, congestive heart failure, seizures, have had a recent heart attack, ascites, unstable angina, gastric bypass/stapling surgery, or experience problems/difficulty drinking large amounts of liquid, you should take a different prep. It is EXTREMELY important for you to drink large amounts of clear liquids before, during and after this bowel cleansing prep!**

### Purchase at the Pharmacy/Grocery Store

- OsmoPrep® 32 tablets (prescription from your doctor)
- Plain or aloe Baby wipes (prevents a sore bottom)
- Desitin or A&D ointment (prevents a sore bottom)

Clear liquid: water, sport drinks, clear broths, soda, tea, coffee without creamer, popsicles, Jello, Italian ices, etc.

### One Week Prior to the Procedure

Your doctor will let you know if you have to hold some medications prior to your procedure.

These medications may include: Coumadin, Plavix, Ticlid, Percodan, Alka-Selzer, aspirin

Please hold \_\_\_\_\_ for \_\_\_\_\_ days before the procedure.

You WILL be allowed to continue taking a 'baby aspirin', for your heart health, per your doctor instructions.

- **TYLENOL and other brands which contain ACETAMINOPHEN are safe to use prior to this procedure.**

### One Day before the procedure

- Have a **clear** liquid diet throughout the day. Avoid dairy and juices with pulp such as orange or grapefruit juice.

**It is important that you drink as much fluid as you can throughout the day. Since colon preps may leave you dehydrated, it is important to consume as much clear liquid as you can before, during and after you finish the prep.**

OsmoPrep® is taken in two parts, a few hours apart. Since most colonoscopies are scheduled in the morning, patients generally find it most convenient to take part 1 in the afternoon and part 2 prior to bed the day before the procedure. If your procedure is scheduled in the afternoon you may want to take Part 1 the evening before and Part 2 the morning of the procedure.

Hold evening dose of insulin as you will not be eating until after your procedure

### For Morning Procedures

**Part 1 - Day before procedure at 11AM:** Starting at the top of the hour, take 4 tablets of OsmoPrep® with 8oz of clear liquid every 15 minutes for a total of 20 tablets.

**IT IS EXTREMELY IMPORTANT TO DRINK LARGE AMOUNTS OF CLEAR LIQUID THROUGHOUT THE PREP!**

**Part 2 - Day before procedure at 4 PM:** Starting at the top of the hour, take 4 tablets of OsmoPrep® with 8oz of clear liquid every 15 minutes for a total of 12 tablets.

**IT IS EXTREMELY IMPORTANT TO DRINK LARGE AMOUNTS OF CLEAR LIQUID THROUGHOUT THE PREP!**

## Colonoscopy with OsmoPrep®

### For Afternoon Procedures

**Part 1 - Day before procedure at 6:00PM:** Starting at the top of the hour, take 4 tablets of OsmoPrep® with 8oz of clear liquid every 15 minutes for a total of 20 tablets.

**IT IS EXTREMELY IMPORTANT TO DRINK LARGE AMOUNTS OF CLEAR LIQUID THROUGHOUT THE PREP!**

**Part 2 – Day of procedure at 6 or 7AM:** Starting at the top of the hour, take 4 tablets of OsmoPrep® with 8oz of clear liquid every 15 minutes for a total of 12 tablets.

**IT IS EXTREMELY IMPORTANT TO DRINK LARGE AMOUNTS OF CLEAR LIQUID THROUGHOUT THE PREP!**

### Day of Procedure

- **DO NOT EAT OR DRINK ANYTHING THAT DAY**
- If you take medication, you may have it the morning of the procedure with a small amount of water. This means NO MORE than a few **SMALL** sips of water. **Please take your heart and high blood pressure medications.**
- You may brush your teeth.
- Arrive **ONE HOUR BEFORE** your procedure is scheduled. **Please arrive at \_\_\_\_\_ AM / PM**
- **You must be accompanied by a friend or relative to drive you home.** Please ask them to stay with you to speak with the doctor following your procedure. You **MAY NOT** drive, go home in a taxi or by bus. If this procedure is not followed, your procedure may be cancelled.
- Special Instructions:
- Hold morning dose of insulin the day of the procedure.
- If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may prescribe pre-procedure antibiotics.
- Stop aspirin, anti-inflammatory medications such as ibuprofen (Advil, Aleve, Motrin) days before the procedure. You MAY take Tylenol (acetaminophen).
- **Bring a list of the medications (including the dosages) and any allergies** to the Center with you.

Other \_\_\_\_\_

#### Commonly asked Questions:

##### ***How do I know if my prep is adequate?***

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick.

##### ***What side effects may I expect?***

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

##### ***Will the prep interfere with my other medications?***

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

**Remember, stay close to the bathroom facilities and warn family members that the room belongs to you!!!**

The aloe wet wipes and Desitin ointment will help to ward off a sore bottom.

**Good Luck! This is the hardest part of the procedure.  
Please call us if you have any questions at 388-8686**