



## Colonoscopy Preparation with OSMOPREP

You are scheduled to have a colonoscopy, which requires a thorough cleansing of the colon prior to the procedure. You will be given a prescription for Osmoprep. You will need to pick up your prescription at least two days prior to your colonoscopy. The process will require that you follow the instructions listed carefully. If you have any problems or questions, please call our office at (602) 995-0822.

- Begin a CLEAR LIQUID DIET ONLY STARTING THE DAY BEFORE YOUR PROCEDURE – For breakfast, lunch and dinner you may drink only clear liquids: Gatorade, tea, black coffee, apple juice, white grape juice, clear pop, clear broth, popsicles, plain jello and water. NO SOLID FOODS CAN BE CONSUMED UNTIL AFTER YOUR COLONOSCOPY.
- If you are starting your bowel preparation in the evening, you must consume at least 2 liters of clear liquids throughout the day before starting OsmoPrep Tablets.
- Take the first dose of OsmoPrep tablets (total of 20 tablets) at \_\_\_\_\_: take 4 tablets with an 8oz glass of clear liquids every 15 minutes until you've finished a total of 20 tablets.
- Take the second dose of OsmoPrep tablets (total of 12 tablets) at \_\_\_\_\_: take 4 tablets with an 8oz glass of clear liquids every 15 minutes until you've taken the remaining 12 tablets.
- Stop eating and drinking any liquids 8 hours prior to you appointment time.

The bowel preparation will cause you to have diarrhea – you goal is clear “stools” with little or no particulate matter.

DO NOT SKIP IMPORTANT MEDICATIONS! If you normally take your medications in the morning, do so with a small sip of water.

DO NOT TAKE ASPIRIN, FISH OIL, VITAMIN E, OR BLOOD THINNERS (COUMADIN, PLAVIX) FOR 7 DAYS BEFORE YOUR COLONOSCOPY UNLESS YOU HAVE CLEARED THIS WITH YOUR SURGEON OR YOU PROCEDURE WILL BE CANCELLED.

Because of the anesthetics that you will be given, **you must arrange to be accompanied and driven home by a friend or relative after your colonoscopy.** Plan to be at the facility for at least 2 hours. You must arrive one hour prior to the scheduled time. You cannot drive or make legal decisions for the remainder of the day.

If you are scheduled for a “SCREENING COLONOSCOPY” and the doctor finds/biopsies/removes and polyps, your colonoscopy will be billed as a “DIAGNOSTIC COLONOSCOPY”. This may result in a higher patient out-of-pocket expense, depending on your insurance.

**If the doctor takes a biopsy** during the exam, we will call you with the results. If you have not heard from our office within one week, please call us.

If you have any questions or concerns you may call the office at (602) 995-0822. After hours, the office message will refer you to the on-call doctor.