

## Colonoscopy with OSMOPREP (tablets)

Procedure Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

**Preparation:** You will need to obtain OSMOPREP from your pharmacy. A Total of 32 pills will be dispensed.

We understand that preparing for the colonoscopy is not fun and may cause discomfort. These instructions will help make this process as simple and successful as possible. Your efforts at cleansing your colon are essential for an accurate colonoscopy exam.

### Medication and Diet Instructions:

#### SEVEN DAYS BEFORE THE PROCEDURE:

Stop taking aspirin (and aspirin-containing products), anti-inflammatory medications (Motrin, Advil, Naprosyn, Indocin), fish oil, vitamin E or ginko biloba. Acetaminophen (Tylenol) can be continued or substituted as a pain-reliever for aspirin.

Please do NOT eat nuts, seeds, popcorn, quinoa, tomatoes, celery. These items may clog the endoscope preventing us from doing a thorough exam.

**PLEASE NOTE** If you have had a history of STROKE, HEART ATTACK, ANY STENTS PLACED IN YOUR VESSELS, please let us know. We may request that you continue your Aspirin. **Notify us if you take any blood thinners. DO NOT stop the blood thinners unless cleared by your cardiologist or primary care doctor**

FIVE DAYS BEFORE THE PROCEDURE Stop taking **Plavix** (Clopidogrel)

THREE DAYS BEFORE THE PROCEDURE Stop taking **Coumadin** (Warfarin)

PLEASE let us know before stopping these medications so that we can coordinate with your cardiologist or primary care doctor, if additional “ bridging” medications will be needed.

TWO DAYS BEFORE THE PROCEDURE Stop taking **Eliquis** (apixaban), **Pradaxa** (dabigatran etexilate), **Xarelto** (rivaroxaban)

ONE DAY BEFORE THE PROCEDURE **It is very important that you hydrate yourself well before the exam.**

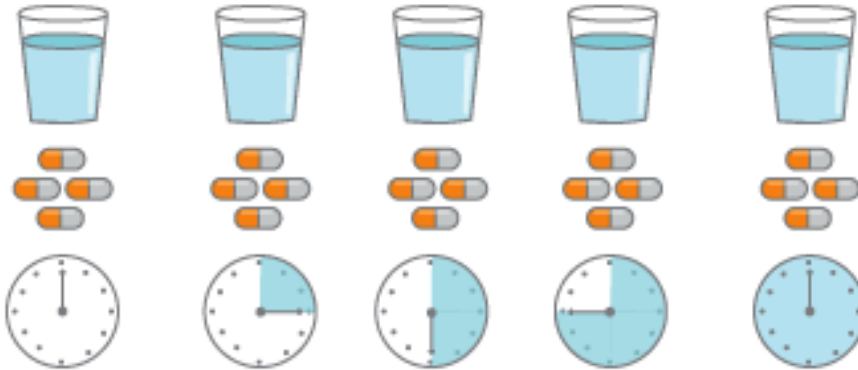
1. You may have a light breakfast such as toast/egg/yogurt.
2. After breakfast, you start a clear liquid diet. A clear liquid diet includes water, clear broth, coffee, tea, strained fruit or vegetable juices, ginger ale, Gatorade, Kool-Aid, popsicles. NO RED OR PURPLE colored liquids. Coffee and Tea are OK. No dairy (milk, cream), soy, creamer.
3. If you have sensitive skin, it is helpful to apply Vaseline or Desitin Ointment to your bottom prior starting the preparation.

**OSMOPREP** ((sodium phosphate monobasic monohydrate, USP, and sodium phosphate dibasic anhydrous, USP)

**IT IS IMPORTANT TO FOLLOW THE DIRECTIONS EXACTLY AS INSTRUCTED TO ENSURE A SUCCESSFUL COLON CLEANSE.**

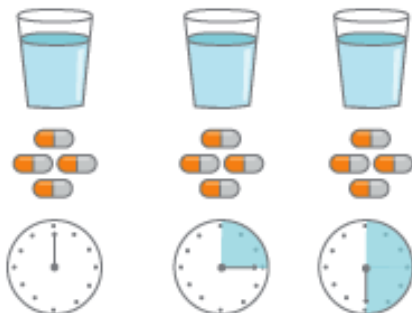
**DAY BEFORE YOUR COLONOSCOPY: Step 1**

Beginning at 5-8 pm, take 4 tablets with 8 ounces of any clear liquid every 15 minutes for a total of 5 doses (total 20 tablets). You may drink as much clear liquid as you wish before going to bed.



**DAY OF YOUR COLONOSCOPY: Step 2**

On the day of the exam, starting 4-5 hours before your appointment time, take 4 tablets with 8 ounces of any clear liquid every 15 minutes for a total of 3 doses (total 12 Tablets). You may drink as much clear liquid as you wish up to 2 hours prior to your appointment.



## DAY OF YOUR COLONOSCOPY:

1. If you take insulin, please skip your morning dose
2. If you take Thyroid medication, please take at least 1 hour before you begin the preparation OR wait until after you have completed the preparation
3. You may take inhalers, eye drops

**You may have clear liquids up until 3 hours before your exam time.**

Report to the Endo Center at \_\_\_\_\_ for your colonoscopy so that the necessary paperwork can be completed and an IV started.

Your exam will begin approximately at \_\_\_\_\_ and you should be ready for pick up around \_\_\_\_\_.

## Common Asked Questions:

### **What should I wear?**

Please wear comfortable loose fitting clothing

### **How do I know if my preparation is good?**

The stool should be watery in consistency. It does not have to be clear. A yellowish tint liquid and small flecks of debris are not a problem as long as the stool is NOT thick. If there is any question, you can check with the nurse on arrival for the procedure.

### **What side effects may I expect while preparing for the colonoscopy?**

The medication is expected to cause diarrhea. Some mild abdominal cramping and/or bloating may occur, as well as some nausea and vomiting. This is **temporary** and symptoms will gradually improve after evacuation of bowels. Weakness or headache can also occur, if you are not well hydrated or have not taken enough fluid with the preparation. Increase your fluid intake (especially with Gatorade, Chicken broth).

**Any Additional Questions?** Please call our office. We will be happy to assist you.