

COLONOSCOPY PREPARATION INSTRUCTIONS – OsmoPrep

Patient Name: _____ Doctor: _____

Procedure Date: _____ Check-in at _____ a.m./p.m. with procedure to follow one hour later.

Facility where procedure is to be performed: Southeast Valley Endoscopy Center

FILL THE PRESCRIPTION AT THE DRUG STORE:

- 32 OsmoPrep Tablets

THE DAY BEFORE YOUR COLONOSCOPY:

- **FOR THE ENTIRE DAY BEFORE YOUR TEST, FOLLOW A CLEAR LIQUID DIET.**

NO SOLID FOODS MAY BE EATEN! We recommend that you drink at least 32 ounces of clear fluids before beginning the prep. Clear liquids include water, pulp-free juice, tea, coffee, soda, clear broth, Jell-O (no red or purple), popsicles (no red or purple) and Gatorade (no red or purple). *Please do not consume milk, milk products, non-dairy creamer, red or purple products or alcoholic beverages.*

- At 4:00 PM take four (4) OsmoPrep tablets with 8 oz water or clear liquid. Continue taking four (4)) OsmoPrep tablets every fifteen minutes for a total of 5 doses (20 tablets altogether). Please continue to drink plenty of liquids to keep you hydrated.

THE MORNING OF YOUR PROCEDURE:

- At _____AM (6 hours before your check-in time) take 4 OsmoPrep tablets with an 8 oz glass of water or clear liquid every 15 minutes for a total of 3 doses (12 OsmoPrep tablets total).
- YOU MUST FINISH TAKING THE LAXATIVE TABLETS AND ANY CLEAR LIQUIDS AT LEAST FOUR (4) HOURS BEFORE YOUR CHECK-IN TIME. FINISH BY _____AM.
- **NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR CHECK-IN TIME – THIS INCLUDES WATER, MEDICATIONS, GUM AND MINTS.** You may continue to drink clear liquids up to four hours prior to your check-in time.

REMEMBER: NOTHING BY MOUTH FOUR HOURS PRIOR TO YOUR CHECK-IN TIME
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- **Failure to follow these instructions could result in your procedure being postponed or cancelled. This is for your safety and to prevent an increased risk of pulmonary aspiration due insufficient time to allow stomach contents to be empty.**

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MEDICATION INSTRUCTIONS:

- **Stop taking the following medications FIVE (5) DAYS before your procedure**, unless directed otherwise by your healthcare provider:
 - Supplements such as iron and vitamin E. Multivitamins may be continued.
 - Anti-inflammatory medications such as ibuprofen (Advil, Motrin), naproxen (Aleve, Anaprox, Naprosyn), diclofenac (Arthrotec, Voltaren, Cataflam), oxaprozin (Daypro), piroxicam (Feldene), indomethacin (Indocin), ketoprofen, ketorolac, etodolac (Lodine), meloxicam (Mobic), nabumetone (Relafen), salsalate, sulindac. Tylenol is fine to take if you have discomfort.
 - Medications to thin the blood such as warfarin (Coumadin, Jantoven), clopidogrel (Plavix), ticlopidine (Ticlid), dipyridamole (Persantine, Aggrenox), anagrelide (Agrylin), cilostazol (Pletal), Effient (prasugrel), Xarelto (rivaroxaban) *unless specified otherwise*.
 - Pradaxa is generally stopped 1-5 days prior to a procedure, depending on kidney function. Please discuss with the prescribing physician when this medication should be held prior to your procedure.
- **DIABETIC MEDICATIONS:**
 - On the MORNING OF YOUR PREP DAY, take half of your usual diabetic medications.
 - On the EVENING OF YOUR PREP DAY, do not take any diabetic medications.
 - On the MORNING OF YOUR PROCEDURE DAY, do not take any diabetic medications.
- **OTHER HEART MEDICATIONS** (such as blood pressure medications) should be taken on the day of your procedure with a small sip of water. Medications must be taken at least two hours prior to your check-in time to allow the stomach to empty prior to your procedure.
- Please bring any **INHALERS** that you use with you to your procedure.
- **ASPIRIN THERAPY:** It is okay to continue aspirin 81mg or 325mg daily the week prior to your colonoscopy.

If you have questions regarding a medication not listed above, please contact our office at least one week prior to the colonoscopy.

REMINDER: Nothing by mouth 4 hours before your check-in time
