

COLON RECTAL SURGICAL ASSOCIATES, LLC

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OSMOPREP BOWEL PREP FOR COLONOSCOPY

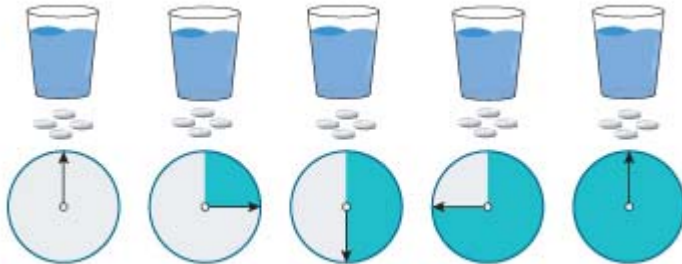
Dear _____:

Your colonoscopy will be performed at _____
on _____ at _____. Please arrive ONE HOUR BEFORE your
procedure is scheduled for registration and preparation. The facility may ask you to pay a co-pay or
deductible at that time.

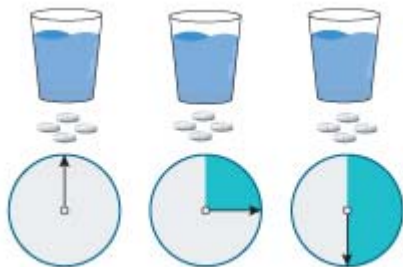
The day before your procedure:

The day before your procedure, you may have a light breakfast by 10:30 AM, then drink only CLEAR LIQUIDS for lunch and dinner. No solid foods. *See Clear Liquid Diet* for description of clear liquids. It is important that you drink as much clear liquid as you can throughout the day to avoid dehydration due to the multiple bowel movements.

- **First regimen** – Take this regimen the evening before your procedure starting at 6 PM. You may continue to drink clear fluids throughout the night.
- Take 4 tablets with at least 8 oz of any clear liquid every 15 minutes
- You will take a total of 20 tablets over a 1-hour period



- **Second regimen** – Take this regimen the morning of your procedure. Start **4 hours prior to your procedure at _____ a.m.** (Example: For an 8 am procedure you would start at 4 a.m. and be done at 4:30 a.m.) After completing this regimen you may NOT consume any food or liquids until after your procedure.
- Take 4 tablets with only 8 oz of any clear liquid every 15 minutes
- You will take a total of 12 tablets over a 30-minute period



- **PLEASE NOTE**

- It is extremely important to follow the preparation listed above, so that the doctor will be able to have full visualization of your colon. Your colon must be clear of any stool. Inadequate preparation limits the value of this procedure and could necessitate rescheduling of the examination. It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning of the prep, but this usually gradually improves once the diarrhea begins. The diarrhea may continue for about an hour or two after completing the prep.

Your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety, and success of your preparation. Failure to take the prep as indicated may result in a poorly cleansed colon and the cancellation of the procedure.

The day of your procedure:

- 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. You may brush your teeth.
- Arrive at the facility **ONE HOUR BEFORE** your procedure is scheduled.
- Remember, you will be sedated for this procedure. Please make arrangements for someone to drive you home.
- Make sure you have your insurance cards with you and a list of any medications that you are taking, including the dosage. Also, be prepared to answer questions about your medical history.

Clear Liquid Diet:

Coffee, tea, hard candy, water, carbonated beverages, apple juice, white grape juice or white cranberry juice, Gatorade, soft drinks, Jello (no fruit added), icy popsicles and clear chicken and beef broth.

Do not drink alcohol, dairy products (including non-dairy creamer) or any liquid with red or purple food coloring.

Medications:

Stop taking FISH OIL and VITAMIN E 10 days prior.

Do not take any aspirin or aspirin containing medicine 10 days prior to the procedure.

- Stop taking NSAIDS (motrin, advil, ibuprofen, alieve, naprosyn, celebrex) 2 days prior to the procedure.
- Stop taking Coumadin 5 days prior to the procedure
- Stop taking Plavix 10 full days prior to the procedure unless instructed differently by your primary care physician
- Discuss changes in your insulin dosage with your primary care physician.
- Tylenol is safe to use as a pain reliever.
- Continue all other medications and bring a list of all current medications with you on the day of your procedure.

Please call our office if you have any questions concerning this prep or your procedure at 410-730-1712.