

How to Prepare for your Colonoscopy Using OsmoPrep

Appointment Date: _____ Preparation begins the day before

- 1. 7 days before your Colonoscopy: STOP** taking aspirin, Iron, Plavix, and foods with seeds.
⇒ If you are taking Coumadin, please discuss it with the doctor.
- 2. On the day before your Colonoscopy:** You may have CLEAR LIQUIDS: Clear soup or broth, Jello(NOT RED), black coffee or tea WITHOUT MILK, clear juices - including white grape and apple juice (NOT ORANGE). **DO NOT EAT ANY SOLID FOODS: NO BREAD, NO MEAT, NO SALAD, NO MILK, NO YOGURT... NO FOOD.**

⇒ If you are taking **INSULIN** or **DIABETIC** medicine: Take only half of your regular dose.

- 3. On the day before your Colonoscopy:**

⇒ At _____: Start taking one dose (4 tablets with 8oz of any **clear** liquid) every 15 minutes for a total of 5 doses (20 tablets)

8 hours in between

⇒ At _____: Take one dose (4 tablets with 8oz of any **clear** liquid) every 15 minutes for a total of 3 doses (12 tablets)

You should be finished with your preparation 4 hours before your appointment time/before you go to bed.

- 4. ON THE DAY OF YOUR COLONOSCOPY:** Make sure you have an escort to bring you home or your procedure **will be canceled**. Bring your insurance card and a picture I.D.

DO NOT EAT, DRINK OR TAKE MEDICINE ON THE DAY OF YOUR COLONOSCOPY!

Do NOT take any medicine INCLUDING: INSULIN, Blood Pressure, or Diabetes medicine on the day of the Colonoscopy. If you have any questions about your medicine, please ask us.

AN ESCORT IS REQUIRED. THE PROCEDURE WILL NOT BE DONE WITHOUT ONE.

It is illegal to drive after receiving sedation. You may not go to work on the day of your Colonoscopy. We are more than happy to provide an absence note if needed.

Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids.

Make a conscious effort to drink as much as you can before, during and after the preparation.

If you need to cancel the procedure for any reason at all, please inform us at least 48 hours in advance. This will help us reduce waiting time.