



Colonoscopy Preparation using *OsmoPrep* 2 Day PM/AM Split Dosing Regimen

The colon preparation is the most important step leading to the successful completion of a colonoscopy. We know it is inconvenient, but a clean colon will lead to an efficiently and safely performed colonoscopy that will lead to good gastrointestinal health. The cost of these FDA-approved preps range from \$30-\$100 depending on your insurance coverage, co-payment, and ability to use discount coupons. Please pick up your prescription ahead of time or call your pharmacist.

SEVEN DAYS BEFORE THE PROCEDURE

Medication restriction

1. *Diabetics taking insulin:* will need dose adjustment the day before the exam. Please ask for advice from the physician that prescribes your insulin. For diabetics only taking diabetic pills simply stop the pills the day before the procedure (see below).
2. *Blood thinners (antithrombotic agents) including: aspirin, Coumadin (Warfarin), Plavix, Pradaxa, Xarelto, Eliquis, Brilinta and Effient:* These can increase the risk of bleeding during and after endoscopic procedures to a varying degree. Please ask the physician that prescribes the medication if, and when, you can stop these medications. **If** these medications are unable to be stopped you need to call our office.

Items to Purchase

1. Fill the prescription for *OsmoPrep*.
2. Fill the prescription for *Trimethobenzamide* (anti-nausea medication).
3. Any over-the-counter hemorrhoid ointment for anal discomfort (if needed).

THREE DAYS BEFORE THE PROCEDURE

No seeds, nuts, popcorn or peels from fruits and vegetables. Example: no peels from apple, potatoes, or cucumbers etc.

ONE DAY BEFORE THE PROCEDURE

1. **For breakfast *AND* lunch you may choose one of the following:**
2 eggs (no meat, cheese, veggies or toast, just eggs, salt, pepper, oil or butter is fine to cook with) **or 1 yogurt, 8 ounces** (plain, can be flavored but no chunks of fruit or granola), **or 1 Ensure, 8 ounces** (any flavor) **then clear liquids only for the remainder of the day.**
2. **You cannot have milk or orange juice for the entire day.**
3. Drink as much as you can to prevent dehydration. You may have bouillon, broth, black coffee (sugar and artificial sweeteners are okay, no creamer of any kind), tea (honey is okay), juice (apple, grape, cranberry), Gatorade, Powerade, lemonade, soda (regular or diet are okay), water, Popsicles and Jell-O (any flavor or color). Taking red Jell-O and red Gatorade may turn your bowel movements red and should be limited.
4. You may have clear candy (such as Lifesavers, Jolly Ranchers and gummy bears).
5. Do not take oral diabetic pills.

TURN THE PAGE OVER FOR THE REST OF THE DIRECTIONS

TIMING OF PREPARATION

Please follow these instructions and NOT the *OsmoPrep* bottle instructions

THE EVENING BEFORE THE PROCEDURE

This is a preparation that requires you to take pills with liquid in two sessions. You must take the entire *OsmoPrep* regimen as prescribed to ensure your colon will be cleaned out. A poor prep can mean missed lesions (flat polyps) and cancellation and rescheduling of your procedure.

Starting at 6:00 p.m. (first dose, this CAN NOT be done earlier in the day.)

Take 4 *OsmoPrep* tablets every 15 minutes with at least 8oz of clear liquids (or any liquid listed on the front page) until you have taken 20 tablets (five doses). It is very important that you drink a full 8oz of clear liquid with each dose.

1. Do not exceed 20 tablets.
2. **If you become nauseated, stop taking the *OsmoPrep*. Take one of the *Trimethobenzamide* capsules. Resume drinking the *OsmoPrep* after 30 minutes, or when the nausea passes. If you do not use the *Trimethobenzamide*, then it can be kept in case you have nausea in the future.**
3. You can continue the clear liquid diet after you finish the 6:00pm dose of the prep.

THE MORNING OF THE PROCEDURE

Beginning 4-6 hours prior to your scheduled procedure time, take 4 *OsmoPrep* tablets every 15 minutes with 8oz of clear liquid (or any liquid listed on the front page) until you have taken 12 tablets for three doses. It is very important that you drink a full 8oz of clear liquid with each dose. Do not exceed 12 tablets.

1. **Take nothing by mouth, including water, after completing the last *OsmoPrep* dose.**
2. You should take any necessary medications you normally use on the morning of the procedure with **sips** of water.
3. Arrive at your scheduled arrival time.
4. Bring a list of your medications, insurance cards and photo ID.
5. After the procedure you must have a responsible adult drive you home. It is best if your driver waits for you at the endoscopy center. **Taking a cab home is not an option.**
6. You may not drive or work until the next day.

IMPORTANT INFORMATION ABOUT SEDATION

Sedatives used for endoscopy include Propofol. These medications provide amnesia and pain relief. You are breathing on your own. It is not considered general anesthesia.

QUESTIONS OR PROBLEMS

1. Daytime phone number is (314) 997-0554.
2. After hours number is (314) 388-6578.
3. Internet website address is www.gidoctor.net