



# Nevada Gastroenterology

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## OSMO*Prep* COLONOSCOPY PREPARATION

Patient Name \_\_\_\_\_ Appointment Date \_\_\_\_\_

- Nevada Gastroenterology
- Northern Nevada Medical Center
- Other \_\_\_\_\_

Check-in Time \_\_\_\_\_

Your physician has determined that a Colonoscopy is necessary to evaluate your Colon (Large Intestine). A quality examination and good results will be dependant on an adequate cleansing and emptying of your Colon. Retained fecal material (stool) can mask significant conditions that may be present. If your Colon is inadequately cleansed, the procedure may need to be repeated at a later date. **Therefore, it is necessary to follow these instructions exactly as written.** If you have any questions, please call our office prior to your procedure so we may take care of any concerns ahead of time.

The following tips may make the process of bowel preparation more comfortable. During the preparation, you will experience many liquid bowel movements. Individual responses to laxatives can vary widely, so plan to remain within close proximity to bathroom facilities during the cleansing period. Consider using soft toilet paper, such as Charmin Plus, since you will be wiping frequently.

Special Instructions:

**You are required to have a driver for your procedure. Do not take any blood thinners 3-5 days prior to your procedure. If you are taking blood thinner prescribed by a doctor like Coumidin or Plavix please notify our office. Do not stop taking blood thinners prescribed by your doctor with out your doctors permission.**

The day before your procedure: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

In the morning:

- Eat a light breakfast before **9:00 am** and then clear liquids only from that point on.
  - You may take your normal prescription medications.

For the rest of the day:

- Have a clear liquid lunch and remain **on a clear liquid diet all day!**
  - You may have the following:

Water, clear fruit juices ( **pulp free, no red or purple**), all soft drinks, strained soups and bouillon, jello (**no red or purple**), popsicles (**no red or purple**), black coffee, tea, and lifesavers (**no red or purple**).

**NO SOLID FOODS OR MILK PRODUCTS ARE ALLOWED**

**FAILURE TO TAKE THIS PREP AS INDICATED BELOW MAY RESULT IN A POORLY CLEANSSED COLON AND POSSIBLE CANCELLATION OF YOUR PROCEDURE**

### **THE EVENING BEFORE YOUR PROCEDURE**

1. Start at **6:00 pm** by taking 4 OsmoPrep tablets with 8 oz. of clear liquids for a total of 20 tablets.

**4 TABLETS EVERY 15 MINUTES WITH AN 8OZ GLASS OF CLEAR LIQUIDS**

### **THE MORNING OF YOU PROCEDURE**

2. Start taking the last twelve tablets **4 hours** prior to you procedure with a minimum of 8 oz. of any clear liquid.

**4 TABLETS EVERY 15 MINUTES WITH AN 8OZ GLASS OF CLEAR LIQUIDS**

(For example, if your procedure time is scheduled for 7:00am, you would begin at 3:00 am and take 4 pills with 8 oz of clear liquid, at 3:15 am take 4 pills with 8oz and at 3:30am take the last 4 pills with 8oz of clear liquids).

## **NOTHING TO DRINK THREE HOURS PRIOR TO PROCEDURE**

**DO NOT** take your usual morning medications the day of the procedure (e.g. High Blood Pressure medications, etc.). **If you are diabetic**, wait until after the procedure to take your usual dose of insulin or oral medication. Watch your levels and if needed, you may have small sips of juice to get your levels where they need to be.

You can plan on being at our procedure center for approximately an hour and a half to two hours. If your procedure is scheduled at one of the hospitals, you can plan on a total of four hours. You will not be able to drive a car, operate any machinery, or go back to work until the following day.

If you are coming from out of town or staying at a place other than your main residence, please call our office and leave a number where you can be reached.

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