

## OSMOPREP

### You may need special instructions. Please let us know if you:

- Are taking **Coumadin, Plavix, Aggrenox** or other blood thinners  
(You are allowed to take baby aspirin 81mg).
- Have sleep apnea.
- Are **Diabetic**.
- Had a **Heart Attack** or **Stroke** in the past six months.
- Have an **Artificial Heart Valve** or **Heart Defibrillator**.
- May be **Pregnant**.

**\*Please make sure to arrange for licensed driver to sign you out and take you home. Please note you will not be allowed to drive yourself home after undergoing a procedure. Taxis and other non-medical transportation services may not be utilized\***

### ITEMS NEEDED FOR PREP:

4 tablets - **Dulcolax 5 mgs**

32 Tablets - **Osmoprep**

4 tablets - **Simethicone 80 mgs**

**Tucks pads or Vaseline** (*Optional*)  
*- if you have hemorrhoids.*

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### FIVE DAYS PRIOR TO THE PROCEDURE:

- Please stop taking iron and vitamins with iron.
- Stop taking IBUPROFEN, MOTRIN, ADVIL, ALEVE and other similar medications.
- Stop herbal supplements such as Garlic, Ginseng, Ginkgo, St John's Wart, etc.
- Do not eat any Olestra products such as potato chips or Pringles Reduced fat.
- Stop eating Potato and Tomato skins
- Avoid HIGH FIBER FOODS like nuts, popcorn, raw fruit, raw vegetables, salads, etc.
- Drink plenty of liquids.
- Avoid items that have red dye as an ingredient.

### PREP INSTRUCTIONS:

#### ONE DAY BEFORE THE PROCEDURE:

- **MAINTAIN A CLEAR LIQUID DIET ALL DAY.**
- It is very important to increase fluid intake to prevent dehydration, please make sure to drink **at least 8 glasses** or more of fluids such as Gatorade or a similar product, preferably not just plain water.
- Take your usual prescription medications (except iron, blood thinners).
- Do not eat any solid foods.
- Do not drink any alcoholic beverages.

First part of Prep (20 Tablets): Date: \_\_\_\_\_

- At 4 pm take all four Dulolax tablets
- At 6:00 pm take 4 tablets every 15 minutes with 4 ounces of water until all 20 tablets are gone. This will take approximately 75 minutes.
- Next, take 2 chewable Simethicone 80 mg tablets.
- Continue to drink 8 ounces of clear liquid every hour until sleep time.

Second part of Prep (12 tablets): Date: \_\_\_\_\_

- At \_\_\_\_\_ am on the day of procedure, start the second dose of the prep – 7 hours before your arrival time.
- Take 4 tablets with 4 ounces of water every 15 minutes. This will take approximately 45 minutes.
- Please drink an additional 16 ounces of water over the next hour.
- If you are passing clear liquid the night before you will still need to take the rest of the prep.
- Take 2 chewable Simethicone 80 mg tablets after finishing the prep with 8 ounces of water.

***Do not drink anything after the second part of the prep!***

### **SPECIAL INSTRUCTIONS**

#### **Before Procedure**

- Dress warmly if you experience chills.
- If you experience nausea or vomiting, stop drinking for 1 hour and start again slowly.
- Force yourself to have one more bowel movement(s) prior to coming to the surgery center.

#### **HYPERTENSION (HIGH BLOOD PRESSURE):**

- Take all **ALLOWED** medications with little water on the day of procedure, but do not take DIURETICS (water pills).

#### **DIABETIC PATIENTS:**

- Monitor your blood sugar at regular times during the prep. Please test your blood glucose level the morning of the procedure and call the endoscopy center if it is less than 80 or greater than 240.
- Bring your glucometer, test strips and insulin with you to the procedure.
- It is our recommendation that you take half the dose of insulin the evening before your procedure and avoid the dose on the morning of your procedure.
- Please omit the evening doses of your oral diabetic medication the day before your procedure and the morning of your procedure.
- Please drink plenty of clear liquids up until 5 hours prior to your procedure.

#### **ASTHMA PATIENTS:**

- Use your regular inhalers the morning of your procedure and take them with you to the endoscopy center.

#### **ALL OTHER MEDICATIONS:**

- Please bring them with you and can take them after procedure unless directed by the Physician.

#### **After your procedure:**

- Resume all medications as prior to the procedure unless:
  - Directed by the physician.
  - A single/multiple biopsy has occurred.
- Drink one glass of clear liquid every hour for the next 6 hours.
- Resume your usual diet unless otherwise instructed by the doctor.
- **You may not drive or make any important/legal decisions for 24 hours following your procedure due to impairments caused by sedating medications.**



## CLEAR LIQUID DIET



### THESE ITEMS ARE ALLOWED

- Water
- Clear Broth ; beef or chicken
- Sodas
- Tea, Coffee (no dairy including cream or milk)
- Jell-O (without fruit or topping)
- Popsicles, and Italian ices (without fruit or ice cream, and avoid red flavors)
- Artificial sweeteners
- Juices (no pulp, and you should be able to see through them)
  - Apple juice or cider
  - White Grape juice
  - Lemonade
  - Crystal Lite
  - Kool-Aid (no red)

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### **THESE ITEMS ARE NOT ALLOWED**

- Milk
- Cream
- Milkshakes
- Tomato Juice
- Orange Juice
- Any soup other than listed above
- Oatmeal
- Cream of wheat
- Red Meat
- Corn
- Potato Skins
- Tomato Skins
- ANYTHING WITH RED FOOD DYE

## **Colonoscopy frequently asked Questions and Answers:**

1. Q: Is there any way that I can make this taste better? A: You can try sucking on hard candy. You can rinse your mouth with water or a mouthwash. Do not eat or drink anything while you are drinking this solution.
2. Q: Why avoid red liquids? A: The color red can persist in the colon and can potentially look like blood
3. Q: I feel like vomiting and don't think that I can drink any more. What should I do? A: It is important that you continue to drink the solution if at all possible. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you do vomit, wait 45 min and begin drinking the solution again. If not improved call us.
4. Q: I drank a lot of the solution and haven't gone to the bathroom yet. What should I do? A: Keep drinking; it may take up to 2 hours or longer.
5. Q: I am taking the prep and am now having loose, water stools. Do I need the rest of the prep? A: Yes, you may have solid stool higher in the colon that should be eliminated.
6. Q: I see yellow color in the toilet and a few flecks. What should I do? A: If you drink the entire solution or if your last bowel movements were clear enough that you were able to see the bottom of the toilet you should be fine. The yellow color is a result of bile that normally colors feces.
7. Q: My bottom is sore, what can I do? A: Avoid rubbing it. Gently pat with a wet washcloth. Apply Preparation H, Vaseline, or Destin.
8. Q: Can I drink nutritional supplements? A: Yes, you may drink Ensure (chocolate or vanilla) or slim fast with soy protein/lactose free. These drinks are water based not milk based.
9. Q: Can I chew gum or suck candy? A: Yes, but nothing with soft centers or red color.
10. Q: What if I am still passing stool the next morning? A: Drink 10 ounces of Mag Citrate as suggested.
11. Q: Can I brush my teeth? A: Yes, please do.
12. Q: I have been instructed to avoid anti inflammatory products 5 days before, what can I take for a headache or plain relief? A: Tylenol may be used as directed
13. Q: Can I have a colonoscopy done if I am on my menstrual period? A: Yes, the procedure can still be performed. We ask that you use a tampon if possible (not absolutely necessary)

\*\*\*\*\* Call 937-629-0100 with any additional questions that may arise \*\*\*\*\*