

Capital City Gastroenterology

DATE: _____

TIME: _____

PLACE: Baptist Medical Center East
Endoscopy Center (rear of hospital)
400 Taylor Road, Montgomery

OsmoPrep PREPARATION FOR COLONOSCOPY

Important! You are not eligible to take this prep if you have 1) gastric bypass surgery, 2) congestive heart failure, 3) angina, 4) ascites, 5) chronic constipation, 6) a bowel obstruction, 7) colitis, 8) severe kidney problems or taking diuretics, or 9) are hyper-sensitive to sodium phosphate. If any of these are true for you, please contact our office immediately.

The day before your test, you will be on a clear liquid diet which consists of broth, water, juices (apple, orange, grapefruit, pineapple, and other clear juices), tea or coffee (without milk, cream or creamer added), soft drinks (Sprite and 7-up), Jell-O **BUT NO RED, GREEN, OR PURPLE JELL-O AND NO MILK PRODUCTS.**

At 2 P.M. on the day before your procedure take four (4) *OsmoPrep* tablets with eight (8) ounces of a clear liquid (as defined above). Repeat every 15 minutes until you have had a total of 20 tablets and 40 ounces of liquid. You must drink eight ounces with each four tablets.

At 6:30 p.m. take four more *OsmoPrep* tablets again with eight ounces of clear liquid. Repeat at 6:45 and 7:00 another four tablets with eight ounces of clear liquid. **You will now have taken a total of 32 *OsmoPrep* tablets and 64 ounces of clear liquid.**

Drink 4 more glasses of water through the rest of the evening but not after midnight.

DO NOT HAVE ANYTHING BY MOUTH AFTER MIDNIGHT (you may drink water until midnight).

- If you have: 1) a heart murmur, or 2) an artificial heart valve. Please ask your primary care physician or cardiologist if you should receive antibiotics before this procedure.
- If you have an **implanted defibrillator** or **pace-maker** please inform our office immediately.
- If you have diabetes mellitus and are taking insulin, please ask your primary care doctor to advise you on what dose of insulin to take before and after this procedure.
- If you are taking *Coumadin*, *aspirin* or other **blood thinners**, please ask your **primary care physician** to advise you regarding whether this medication should be discontinued before this procedure. Also, notify our office that you have been taking *Coumadin*. **You may take all medications except blood thinners and diuretics the morning of your procedure with only a sip of water.**
- If you are taking iron or multivitamins, you should discontinue these supplements 3 days prior to this procedure.

FAILURE TO NOTIFY THIS OFFICE OF ANY CONDITIONS THAT MAY REQUIRE ANTIBIOTICS BEFORE THIS PROCEDURE, MAY RESULT IN THE PROCEDURE BEING DELAYED OR CANCELED.

Please go to the **Endoscopy Center (sign posted)** drive up entrance **at the rear of the hospital (not Outpatient Department)** at the time indicated above. **Do not enter the front of the hospital.** Once registered, have a seat in the waiting room until called for your procedure.

You will be given a minimal dose of sedative to relax you for the procedure (see information sheet). ***** IT IS ESSENTIAL THAT SOMEONE COME WITH YOU, REMAIN, AND DRIVE YOU HOME FOLLOWING THE PROCEDURE. ***** Wear comfortable clothing, and no jewelry. As requested by the hospital, bring only one person with you as there is limited seating in the waiting room.

If you have any questions concerning your preparation, please call our office.