

INSTRUCTIONS FOR COLONOSCOPY PREP

OsmoPrep 32

*****You will need to pick up the Prescription for OsmoPrep from your pharmacy*****

Colonoscopy: The visual examination of the large intestine (colon) using a lighted flexible fiber optic endoscope.

Note: Individual responses to laxatives do vary. This prep may cause multiple bowel movements. Often works within 30 mins; may take as long as 3 hours. If you are unable to keep the prep down, please call your physician.

*****No tomatoes or corn 2 days prior to procedure*****

Consult your Primary Care Physician if you are taking or have the following medical concerns:

Coumadin/Jantoven/warfarin: Stop it four (4) days before your colonoscopy **if approved by your physician prescribing this medication. Do not take this medication on the day of your procedure. Ask your physician when to resume this medication**
Plavix (clopidogrel)/Pradaxa/Pletal (cilostazol)/Effient and Eliquis; Stop it three (3) days before colonoscopy-**only if approved by prescribing physician**

Brilinta: Stop five (5) days before colonoscopy- **only if approved by prescribing physician**

Aggrenox: Stop three (3) days to five (5) days prior to colonoscopy- **only if approved by prescribing physician**

Xarelto/Savaysa: Stop 24 hours before colonoscopy- **only if approved by prescribing physician**

Iron pills: Stop for seven (7) days before colonoscopy

Dialysis Treatment: Alternate treatment may be used.

****Anti-Seizure Medication:** Take at least 2 hours before the scheduled colonoscopy with a small sip of water.

****Blood Pressure/Heart Medication:** take your morning dose at least 2 hours before your colonoscopy with a small sip of water.

Insulin: You may need to adjust your insulin dosages. Please speak with your monitoring physician for further instructions. **Ask your physician when to resume your insulin.**

Inhalers: Please bring your "rescue" inhaler to your appointment, even if you have not needed to use it for some time.

Heart Valve Replacement/ Pacemaker with Internal Defibrillator

DAY BEFORE COLONOSCOPY

If you have been holding your Coumadin/Jantoven/Warfarin you will need a PT/INR (lab test) taken 24 hours prior to exam if requested by physician.

YOU MAY HAVE A LIGHT BREAKFAST, CLEAR LIQUIDS THE REMAINDER OF THE DAY – **no milk or milk products**

At 7pm take four (4) OsmoPrep tablets every 15 minutes with at least 8 ounces of any clear liquid until a total of 20 tablets have been consumed.

(You may find it helpful to cross through the times below as you take each dose.)

7:00pm 7:15pm 7:30pm 7:45pm 8:00pm

CLEAR LIQUIDS

Water	Strained fruit juices without pulp	Broth or Bouillon
Jello – any flavor – no red jello	Clear sodas – 7up, Sprite, Ginger Ale, etc.	Popsicles – no red or purple
Coffee or Tea without creamer	Ensure and Ensure plus (vanilla only)	No red or purple liquids

DAY OF PROCEDURE

1. At 6am **or** three hours before your procedure, take four (4) OsmoPrep tablets every 15 minutes until the remaining 12 tablets have been consumed as well as **medications listed above**** with a sip of water. **You may brush your teeth and rinse with water. NO GUM, MINTS OR LOZENGES. NO CHEWING TOBACCO**
2. **You will be medicated and you need to bring someone with you to drive you home.**
3. **Bring a current list of medications and colostomy supplies if applicable; if Menstruating please use a tampon if possible.**

On the day of your procedure, report to the following unless otherwise instructed by your physician:

The Endoscopy Center of Topeka, 785.354.1254
 2200 SW 6th Avenue, Suite 103
 Topeka, KS 66606

Check-in Date: _____
 Check-in Time: _____
 MCM Gastroenterology, 785-354-8518

If you are unable to keep your appt, please notify the office within 48 hours prior to your scheduled procedure.