

OSMOPREP PREPARATION FOR COLONOSCOPY

Please read these entire colonoscopy prep instructions at least one week before your colonoscopy appointment. If you have questions, please call our office.

DATE: _____ / _____ / _____ TIME: _____ AM PM

LOCATION: ___ Advanced Endoscopy Center, 5500 Broadway, Bronx, NY 10463
 ___ OTHER: _____

PLEASE ARRIVE THIRTY (30) MINUTES PRIOR TO YOUR APPOINTMENT TIME. Please notify our office 48 hours prior to your procedure if you need to change or cancel your appointment or if you have questions (718-543-ENDO or 718-543-3636).

For your colonoscopy to be successful, your colon must be completely clean. The instructions should be followed exactly as written (unless the doctor advises you otherwise). If the preparation is not done properly, the test may not be complete.

Regular pacemakers are NOT a problem; however, if you have an implanted defibrillator (ICD), please make sure your procedure is scheduled to be performed at the hospital so it can be turned off, if necessary, during the procedure.

Since you will be receiving sedation for your procedure, you must have a responsible adult to escort you home after your procedure. **IF YOU DO NOT MAKE THIS ARRANGEMENT, THE DOCTOR CANNOT PERFORM THE PROCEDURE.**

Some insurance companies require a co-pay for this procedure. You may want to check with your insurance carrier regarding this matter.

5 DAYS BEFORE THE COLONOSCOPY, PLEASE REVIEW ALL OF THESE INSTRUCTIONS:

IF YOU ARE TAKING BLOOD THINNERS OR ANTI-PLATELET MEDICATIONS, THEN ASK THE DOCTOR FOR INSTRUCTIONS. These medications include Plavix (clopidogrel), Aggrenox (aspirin/dipyridamole), Pradaxa (dabigatran), Eliquis (apixaban), Lovenox (enoxaparin), Fragmin (dalteparin), Xarelto (rivaroxaban), _ Coumadin (warfarin) and others.

- DO NOT TAKE IRON SUPPLEMENTS OR VITAMINS CONTAINING IRON STARTING 5 DAYS PRIOR TO YOUR COLONOSCOPY APPOINTMENT (These include ferrous sulfate, ferrous fumarate and ferrous gluconate)
- All OTHER medications SHOULD BE CONTINUED as usual unless your doctor has instructed you otherwise.
- Bring the prescription for the preparation to your pharmacy & purchase the preparation.

2 DAYS BEFORE THE COLONOSCOPY:

- If you are usually constipated, take three tablespoons of Milk of Magnesia at 8:00 PM.

THE DAY BEFORE THE COLONOSCOPY:

Take the Osmoprep pills as described on the next page:

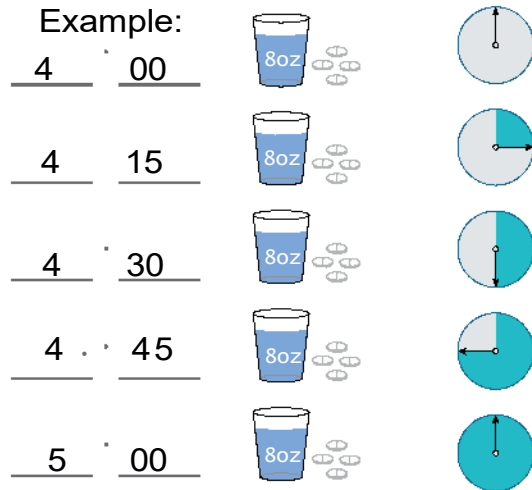
OsmoPrep[®] Dosing Instructions

OsmoPrep dosing consists of 2 series of tablets taken with a clear liquid of your choice.

Beginning at 4 PM or later

First Dosing Series

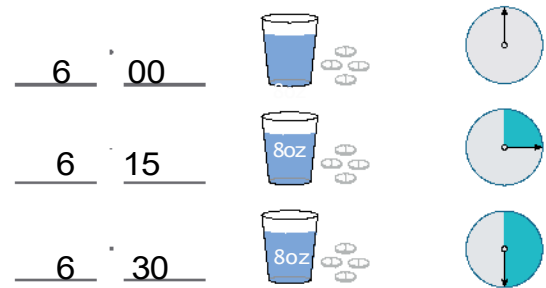
One dose (swallow 4 tablets with 8 oz of any clear liquid) **every 15 minutes** for a total of 5 doses (20 tablets)



Beginning at 6 AM or earlier

Second Dosing Series

One dose (swallow 4 tablets with 8 oz of any clear liquid) **every 15 minutes** for a total of 3 doses (12 tablets)



Examples of clear liquids are water, ginger ale, apple juice, sports drink, and lemonade (no pulp). Do not drink any liquids colored red or purple. If you are not sure, ask your doctor if a particular drink is acceptable.

You must complete the entire OsmoPrep regimen to help ensure the most effective cleansing. This will be 32 tablets. If you do not complete the regimen, your doctor may not be able to see your colon clearly.

Importance of Hydration

A colonoscopy prep will cause the body to lose a lot of fluid. This can result in illness due to the loss of too much body fluid (dehydration). It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking clear liquids during the prep as directed. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

Please see front side for Important Safety Information.
Call your doctor for medical advice if you experience side effects.

If you have any questions, please call our office at _____

Reference: 1. Rex DK, Johnson DA, Anderson JC, Schoenfeld PS, Burke CA, Inadomi JM. American College of Gastroenterology guidelines for 2009;104:739-750.



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Hints:

- You may take sugar-free candy or ice pops (not red) between glasses of the preparation.
- If you develop severe discomfort or distention (bloating), stop taking the preparation for 1/2 hour or until the discomfort improves.
- If you develop nausea, wait 15 to 30 minutes until the nausea improves and then resume taking the preparation.
- Remain close to toilet facilities.

AFTER THE PROCEDURE:

- You will be monitored in the recovery area.
- You will receive discharge paperwork with follow up instructions.
- You may have some abdominal bloating and gas after the procedure. It should resolve within a few hours.
- You may eat your usual diet after the procedure, unless advised otherwise.
- **If you have rectal bleeding or severe pain after the procedure, please contact the office immediately.**
- **REMINDER: YOU MUST HAVE A RESPONSIBLE ADULT TO ACCOMPANY YOU HOME. YOU CANNOT DRIVE A VEHICLE FOR THE REST OF THE DAY AFTER THE COLONOSCOPY. WE ADVISE YOU TO TAKE THE ENTIRE DAY OFF FROM WORK.**