

## Osmo Prep for Colonoscopy

### 5 DAYS PRIOR TO PROCEDURE

→ NSAIDS (ibuprofen, naprosyn, arthritis medications) will have to be stopped 3-5 days prior to your procedure.

→ Please notify our office immediately if you take any blood thinners, such as Coumadin, or aspirin products!

→ Fill the prescription from your doctor for 32 Osmo tablets

### DAY BEFORE COLONOSCOPY

Start a clear liquid diet and continue clear liquids throughout the day. Solid foods, milk, or dairy products are NOT allowed.

Clear liquids include—

Juices without pulp (apple, lemonade)

Water

Ice pops

Soda or non-carbonated soft drinks

Tea

Clear broth or bouillon

Jell-O

\*\*\*\*\*NOTHING RED OR ORANGE IN COLOR\*\*\*\*\*

### ***ON THE DAY BEFORE YOUR PROCEDURE:***

**FOLLOW THESE INSTRUCTIONS FOR COLON PREPARATION** (Note—failure to take the prep as indicated below may result in a poorly cleansed colon and possible cancellation of the procedure!)

1. At 4 pm, take 4 Osmoprep tablets with 8 ounces of clear liquid every 15 minutes until 20 tablets have been taken. Remain close to toilet facilities.

\*\*\*Drink at least 6 ounces of liquids each hour until the next step at 9 pm\*\*\*

2. At 9 pm, take 4 Osmoprep tablets with 8 ounces of clear liquid every 15 minutes until you have taken the Remaining 12 tablets. Remain close to toilet facilities.

### DAY OF PROCEDURE

→ On the day of your appointment, please wear 2 piece, comfortable, loose clothing and refrain from wearing excessive make-up, jewelry and nail polish.

→ You may take medicine for blood pressure, heart or seizures, but hold all other meds until after your procedure

→ If you take insulin, you will need to either take ½ your usual dose or hold it the morning of your procedure.

Please consult your primary physician if you have any questions!

**→ You will need someone with you to drive you home!**

**Nothing by mouth on the morning of the exam, unless instructed by your physician.**

Appointment Date: \_\_\_\_\_

Arrive at \_\_\_\_\_

Your procedure is scheduled to begin at \_\_\_\_\_

**\*\*\*A \$75 fee is applied for any cancellations, reschedules or no shows made within 24 business hours of appointment time\*\*\***

## **FAQ Regarding your Colon Prep**

### **What are the side effects of the colonoscopy prep?**

You will have a lot of diarrhea from the bowel prep, so plan to be home, and near a toilet. Keep some magazines or a book on hand in the bathroom. Don't try to leave your house during the prep. Most people have bloating and abdominal discomfort. This is normal! Don't be alarmed if you feel these symptoms. Many people also have nausea. This is also normal! Some people don't like the taste or smell of the medicine. Please don't let this get in the way of taking the prep as directed.

### **My bottom is sore. How can I get some relief?**

You may consider 'pre-treating' your bottom with Preparation H, Desitin, A&D Ointment or Vaseline, to lessen the irritation during the many bathroom trips you will be making. Also gently pat your bottom with soft tissue paper or an unscented baby wipe while cleaning versus wiping the area clean. You may also use a wet washcloth. Apply Preparation H, Desitin, A&D Ointment or Vaseline after each bowel movement for relief.

### **I see yellow color in the toilet bowl and a few flecks...what should I do?**

If you completed your prep solution and your last bowel movements were clear enough to see the bottom of the toilet, you are all set for your procedure. A few flecks of material will not affect your procedure. The yellow color is bile that normally colors feces.

### **I can't drink all the prep mix...I feel like vomiting...what should I do?**

It's important that you continue to drink the mixture if possible. Without a clean bowel, your doctor may not be able to see a clear image of your colon. Failure to consume the entire prep mixture may result in having to repeat the procedure another day. (And repeat the prep) If you are feeling nauseous or you vomit, take a 30-minute break. Try drinking ginger ale or another clear liquid to help settle your stomach. Then begin drinking the solution again. Try drinking 4-6 ounces at a time rather than the recommended 6-8 ounces. Take a slower pace. Continue to drink every 30 minutes instead of the initial 15-minute recommendation. If you have a serious medical issue, please contact your physician at 252-758-8181, dial 911, or go to your nearest emergency room immediately. If you are unable to finish your prep, please call your physician's office.

### **If my stool is watery and clear, do I still have to drink the entire prep solution?**

It is imperative that you follow all your doctor's instructions and make every effort to drink all 64 ounces of prep solution. Although uncomfortable, drinking the entire solution will aid in cleaning your colon and purging all waste material for a thorough colonoscopy. Failure to complete the entire prep solution could result in a colon that is not clean enough, which increases the chances that something could be missed during your procedure. In addition, if your colon is not clear enough, you may have to repeat your colonoscopy procedure another day and repeat the preparation process.