



East Valley Gastroenterology & Hepatology Associates

www.eastvalleygastro.com . Tel: (480)786-6655 . Fax: (480)786-6996

OsmoPrep Colonoscopy Preparation

Your procedure is scheduled at: Chandler Endoscopy Center (2095 W Pecos Rd, Bldg A-1)
 Premier Endoscopy Center (2563 S Val Vista Dr, Ste #101)
 Chandler Regional Hospital (1955 W Frye Rd)
 Mercy Gilbert Medical Center (3555 S Val Vista Dr)

Your colonoscopy has been scheduled on: _____

Please check in for your appointment at: _____

ITEMS TO PURCHASE PRIOR TO PROCEDURE (Prescription Needed)

* OsmoPrep (Prescription given to you by the doctor)

MEDICATION AND DIET INSTRUCTIONS



7 days prior to the procedure:

1. **PLEASE DISCONTINUE** all blood thinning and anti-inflammatory medications. This includes, but not limited to, Coumadin, Plavix, Iron supplements, Multi-Vitamins (Vitamin E) and Fish oil. Also discontinue any NSAID's (non-steroidal anti-inflammatory drugs) such as, but not limited to, aspirin, aspirin type products, Ibuprofen, Aleve, Advil, etc. ****TYLENOL MAY BE TAKEN****
2. If you have been prescribed any of the medications listed above please consult with your prescribing doctor before discontinuing.
3. If you are diabetic, check with your primary care doctor regarding diet and medication instructions.



3 days prior to the procedure:

1. **AVOID-** Corn, Nuts, Popcorn and Foods with seeds
2. Drink plenty of liquids to be well hydrated. This will be very helpful for the tolerance of the colonoscopy prep.

Attached you will find a list of the clear liquids that are permitted while on this diet. Deviating from this diet will prevent adequate preparation of the colon for the exam.

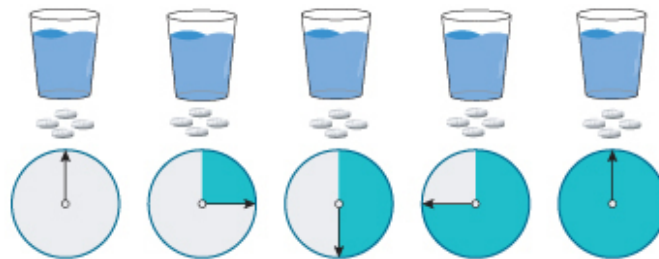
You will need to be close to a bathroom. You will have progressively looser bowel movements over the next several hours. Individual responses to laxatives vary. This preparation will cause multiple bowel movements.

Consider using **Vaseline, Aquaphor or diaper rash cream/zinc oxide** around the anal opening before starting the prep and after each bowel movement to minimize irritation from passing many bowel movements.

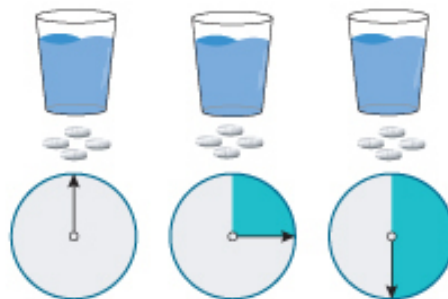
DAY BEFORE THE PROCEDURE: SUN MON TUES WED THUR FRI SAT

Do not drink alcohol

1. Light breakfast: No dairy products and no fried meats. 2 pieces of toast or 1 bagel and a banana with a beverage (Juice with Pulp not permitted). **Begin clear liquid diet** and continue throughout the day.
2. **5:00 pm**- Begin the first dosing series. One dose (swallow 4 tablets with 8 ounces of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets)



3. _____ **am/ pm**- Begin the second dosing series. One dose (swallow 4 tablets with 8 ounces of any clear liquid) every 15 minutes for a total of 3 doses (12 tablets)



DAY OF PROCEDURE

- *You may drink clear liquids **until 6 hours** before the procedure.
- *Take your usual blood pressure and heart medicines 6 hours before your appointment with water.
- *If you have asthma, please bring your inhalers with you.

Please note: Your procedure will take approximately two hours. You must have your driver check in with you and stay at the Endoscopy Center throughout your procedure. Your driver must then drive you home



East Valley Gastroenterology & Hepatology Associates

www.eastvalleygastro.com . Tel: (480)786-6655 . Fax: (480)786-6996

CLEAR LIQUID DIET

DAY BEFORE PROCEDURE

Only items on this list are permitted

BEVERAGES:

Coffee (no cream)
Tea (no cream)
7UP
Sprite
Ginger Ale

White Grape Juice
Water
Apple Juice
Lemon-Lime Gatorade
Lemon-Lime Crystal Light

SOUPS:

Bouillon
Clear Broth

Fat Free Chicken Broth

SWEETS & DESSERTS:

Honey
Sugar
Clear Popsicles
Butterscotch Candy

Jell-O (Plain, Lemon-Lime, or Pineapple)
Hard Candy (Green, Yellow, or Clear)
Jolly Ranchers (Green or Yellow)

NO SOLID FOODS

CLEAR LIQUIDS ONLY

STAY AWAY FROM RED, PURPLE, BLUE, AND ORANGE DYES

IMPORTANT

You must not have anything by mouth

6 hours prior to the procedure.

Otherwise this will result in postponement.

NO MEDICATION, WATER, GUM OR JUICE