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)

![Dosing Schedule](image)

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)

![Dosing Schedule](image)

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.
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