

OSMOPREP INSTRUCTION SHEET
PREPARATION FOR COLONOSCOPY
SIERRA NEVADA GASTROENTEROLOGY
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You are scheduled for a COLONOSCOPY on _____ at the location checked below. To prepare for the exam, please fill the prescription given to you at a pharmacy/drug store.

_____ **Sierra Endoscopy Center, Inc.** 300 Sierra College Drive, Ste. 105 Grass Valley, CA.

Two business days prior to your procedure, a staff member will call you to provide any special instructions and advise you what time to arrive at the Center. If you have questions or need to change your appointment, call **530-272-0527** (press 4).

_____ **Sierra Nevada Memorial Hospital**, 155 Glasson Way, Grass Valley, CA.

The day prior to your procedure, a staff member will call you before your exam and to provide any special instructions and advise you what time to arrive at the Hospital. If you have not heard from a nurse by 4:00 PM, or if you have questions, call 530-274-6615. If you need to change your appointment, call **530-273-3377** (press 4).

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY TO PREPARE FOR YOUR COLONOSCOPY:

1. **5 Days before exam:** Do not take any Vitamin E, ginkgo biloba, arthritis medicines or NSAIDS (aleve,advil,motrin, and ibuprofen). Tylenol is OK to take.

COUMADIN _____ PLAVIX _____

2. **Three days before exam:** Eliminate any foods containing seeds from your diet. berries, bananas, whole grain breads, poppy seeds, tomato, etc.

3. **Day before exam:**

A. May have breakfast by 10: 00AM

B. May have a light lunch before 2:00 PM. **NO SOLID FOOD AFTER 2:00 PM.**

C. After 2:00 PM, you may drink clear liquids only. Nothing Red or Purple. **NO ALCOHOL.** (See Clear liquid on back of this sheet.)

D. At 6:00 PM consume first dose of OsmoPrep according to directions on attached sheet.

E. Diabetic patients: Do not take any oral diabetic medication today (day of prep) or tomorrow morning (day of exam). If you take insulin, take ½ of usual AM dose and NO pm insulin today. Take **NO INSULIN** the day of the procedure until after procedure.

F. Force clear liquids for the entire day today. Drink at least one 8oz. glass of clear liquids every 1 ½ hour to 2 hours until bedtime. **NO ALCOHOL.**

G. You may want to use Vaseline on your anal area to help prevent irritation and burning from your prep.

Day of exam

1. At _____ (note the time instructed by the nurse who called you), prepare and take the second dose of OsmoPrep, the same as you did yesterday (see item D above) You must have taken this dose at least 5 hours before arriving for your exam.

2. At _____ (note the time instructed by the person who called you), STOP all liquids. You must stop taking all liquids 4 hours before arriving for your exam. **PATIENTS ON BLOOD PRESSURE OR HEART MEDICINE:** Take morning blood pressure pills or heart medicine with a **SIP** of water before you leave home.

DIABETIC PATIENTS: Do not take any oral diabetic medication or insulin today.

You **MUST** have someone else available to drive you home! Also, you will need someone to look after you for **12 hours after** the exam.

Additional instructions (if any):

Light Meal Suggestions:

Breakfast:

Entrée: One egg, boiled or poached, and a slice of white toast

OR a small bowl of cereal (without seeds or nuts) with milk

Beverage: Any clear liquids from the “Clear Liquids Suggestions,” below

Lunch:

Entrée: 3 ounces skinless chicken, turkey, fish, or seafood

OR 1 large or 2 medium eggs, boiled or poached

Fruit: ½ cup applesauce

Starch: 2 slices white bread

OR 1 cup rice

OR 1 small skinless potato

Dessert: 4 vanilla wafers

OR ½ cup sherbet

Beverage: Any clear liquids from the “Clear Liquids Suggestions,” below

REMEMBER –

NO SOLID FOOD AFTER 2:00 PM THE DAY BEFORE YOUR COLONOSCOPY EXAM!

NO LIQUIDS (OR SOLID FOOD), INCLUDING WATER, BEGINNING 4 HOURS BEFORE YOUR EXAM!

Clear Liquids Suggestions:

We define a “clear liquid” as a liquid you can read a newspaper through, for example:

- 7-Up and ginger ale
- Water
- Apple juice, **WHITE** cranberry juice, and **WHITE** grape juice
- Low sodium vegetarian, chicken, or beef broth
- Jell-O – e.g., lemon, peach, and lime (**NOT** red or purple – e.g., **not** strawberry, cherry, and grape)
- Tea is okay, but **NO ALCOHOL**. If you need caffeine, Mountain Dew or Black Coffee.
- Popsicles and hard candy also are acceptable – but **NOT** red or purple!