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Outpatient Colonoscopy Instructions – OsmoPrep

Your procedure is scheduled for _____, _____ at _____ AM/PM.
Please arrive **45 minutes early** (_____) in order to register and prepare for your exam.
Per hospital policy, you will need an adult to drive you home as you will be given sedation for your procedure.

Diagnosis: _____

To ensure that the physician may make the most accurate inspection possible, **please read carefully** all the instructions TODAY and at least one week before your procedure and follow the instructions exactly. Failure to do so may result in the need to reschedule your procedure. If you have questions please call 312-695-4452 Monday – Friday, 8:00 am – 4:00 pm. After hours, we can be reached at 312-649-2535. **If you need to cancel, you must call with at least 48 hours notice in order to avoid a “no show” fee.**

ABOUT THE COLONOSCOPY

This procedure is an endoscopic examination of the colon by a physician. A thin, flexible tube with a video camera at the tip is used to examine the colon. If necessary, a small piece of tissue (biopsy) can be removed for further examination under a microscope. If a polyp is found it can usually be removed during the procedure even if you have more than one. You will be given an I.V. in the holding area. Immediately before the procedure begins you will receive I.V. medication for sedation. The test will take approximately 30-45 minutes to complete. You will be returned to the recovery area where you will be monitored for up to one hour after the procedure. Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure. **You should not return to work until the day after the procedure.**

Someone must drive you home from the procedure, since I.V. sedation is used. If you have not arranged for someone to drive you home, your procedure may be cancelled. The person who signs you out must be with you on the unit before you can be released. You will not be able to drive, operate machinery, and make important decisions or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.

Make certain that all of your managed care documents are obtained from your primary care physician. It is the patient’s responsibility to contact his/her insurance company to pre-certify for the procedure, regardless of the type of insurance that you have.

The procedure will be done at the Galter Pavilion, 675 N. St. Clair St., on the 4th floor. You are reminded that you are to arrive 45 minutes prior to your scheduled examination.

REGARDING MEDICATION

Please bring a list of medication that you are currently taking. This list should include any herbal supplements, as well as all prescription medicines.

If you are affected by any of the conditions listed below, please follow these instructions carefully.

Heart or Kidney Problems	You should not take OsmoPrep. Contact your doctor to arrange for an alternate prep.
Diabetes	Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Inform your doctor that you will be on clear liquids the day prior to your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.
Heart Valve Replacement or History of Endocarditis	Prophylactic antibiotics are no longer recommended for GI procedures according to the guidelines published by the American Heart Association in 2007.
Aspirin	It is desirable that aspirin be held for five days prior to your procedure. Please check with the physician who ordered your colonoscopy to see if this is permissible.
Coumadin, Plavix, Ticlid	Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your exam. If you take Coumadin, you may need a blood test two hours before your exam.
Lovenox	It is desirable that Lovenox be held the day before your procedure. Please check with the physician who ordered your colonoscopy to see if this is permissible.
Iron Supplements	It is desirable that iron supplements be held for five days prior to your procedure.
Prednisone or other steroids	Take it before 7 a.m. with a sip of water on the day of the test.

REMINDERS

1. You need to purchase your OsmoPrep prescription medication. You may have your prescription filled at your local pharmacy or it can be purchased in the hospital pharmacy. You will receive a total of 32 tablets.
2. Wear comfortable, loose fitting clothing that is easy to step into and out of. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables with you.

RISKS OF COLONOSCOPY

Although colonoscopy is a safe test, there are inherent risks with all medical procedures. These risks include, but are not limited to: 1) Risk of anesthesia reactions including cardiopulmonary complications. 2) Bleeding. 3) Perforation or puncture of the colon – a rare complication that occurs once in every several thousand procedures. 4) Possibility of an incomplete exam in 1-2% of patients. 5) Possibility of missed or incompletely removed polyps. Although colonoscopy is the best test for detection and removal of polyps, it is not perfect. It is possible for polyps to be missed.

ONE WEEK BEFORE YOUR COLONOSCOPY

For best outcome, avoid eating foods that contain seeds, nuts, hulls, berries, or kernels (such as popcorn, poppy seeds, tomatoes, cucumbers, etc.). However, this instruction is not critical.

TWO DAYS BEFORE YOUR COLONOSCOPY

If you are constipated (i.e. bowel movements every 3 days or longer), it is recommended that you drink 10 ounces of Magnesium Citrate laxative two days before the colonoscopy so that the preparation on the day before the colonoscopy is easier and more effective. Magnesium Citrate is available without a prescription at any pharmacy. **If you have kidney problems or are on dialysis, do not take Magnesium Citrate.**

DAY BEFORE YOUR COLONOSCOPY

1. **Today you may not eat any solid foods.** You are to drink only CLEAR LIQUIDS all day long.

Clear Liquids include: water, coffee or tea without milk, strained fruit juices without pulp (apple, white grape, cranberry, etc.), carbonated beverages or soda pop, clear broth or bouillon. You may have plain Jello or Popsicles except for any red in color. You may have clear hard candy. If you are diabetic, please follow your usual dietary restrictions with regard to the liquids listed above.

2. **First Dose of OsmoPrep:** The evening before your Colonoscopy, you will take 20 tablets over a 1 hour time period. Starting at 5 p.m. take 4 (four) tablets every 15 minutes with at least 1 (one) 8 ounce glass of clear liquids. It is very important to drink the proper amount of clear liquids when taking the OsmoPrep tablets to prevent excessive fluid loss or dehydration. **Do not exceed 20 tablets on day one.**

Note: Nausea, vomiting, abdominal pain, and bloating are the most common side effects when taking OsmoPrep tablets.

DAY OF YOUR COLONOSCOPY

1. **Second Dose of OsmoPrep:** **Starting 4 (four) to 5 (five) hours before your Colonoscopy time,** the last 12 tablets will be taken over a 30 minute time period. **Take 4 (four) tablets with at least 8 ounces of clear liquids every 15 minutes.** It is very important to drink the proper amount of clear liquids when taking the OsmoPrep tablets to prevent excessive fluid loss or dehydration.
2. **You may drink water until 1 hour before the time of your procedure.**
3. You may brush your teeth.
4. You may take your usual medications. If you use inhalers, prescription eye drops or nasal sprays, you may take them as you would normally and then bring them with you.

If you have severe pain with the preparation, please call 312-695-4452.