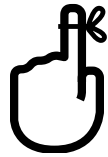


COLONOSCOPY INSTRUCTIONS FOR OSMOPREP

If you have a history of constipation (move your bowels 2-3 times weekly) you may need additional bowel prep to help clear your colon. Please contact the intake nurse to discuss prep options. Be prepared once you start drinking the prep, it may take effect at any time.

STEP 1 7 DAYS BEFORE PROCEDURE

- Stop taking iron supplements, vitamins containing iron & fat free foods containing Olestra/Olean (i.e. WOW chips). Check food labels.
- Avoid foods that have seeds, nuts, lettuce, cabbage, corn and beans.
- Stop fiber supplements.
- Pick up the prep at the pharmacy. **DO NOT FOLLOW THE INSTRUCTIONS FROM THE PHARMACY. WHILE PICKING UP YOUR PREP AT THE PHARMACY, REMEMBER TO PURCHASE A 4 DAY SUPPLY OF MIRALAX AND 4 GAS-X TABLETS.**
- If taking Plavix, Effient, Aggrenox, Coumadin, Eliquis, Pradaxa or any blood thinning medication, please inform our nurse at the time of call. This medication will need to be held prior to the procedure and an order obtained from the prescribing physician.



If diabetic, please contact your primary care doctor regarding instructions for diabetic medication while on the clear liquid diet.

STEP 2 3 DAYS BEFORE PROCEDURE

Take one dose of Miralax or (generic-glycolax-over the counter) every am until you start your prep (follow instructions on the bottle)

STEP 3 1 DAY BEFORE PROCEDURE

- Start on a **clear liquid diet at 6 A.M.** which provides your body with fluids and energy.
- Drink an extra 8 ounces of clear liquid every hour from 10:00 a.m. to 5:00 p.m.

NO SOLID FOOD, ALCOHOL, DAIRY PRODUCTS, OR DAIRY SUBSTITUTES.

NO LIQUID W/PULP OR PURPLE OR RED IN COLOR!

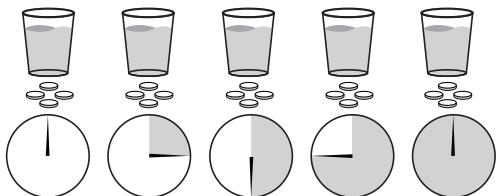
Liquids allowed: Regular or Decaffeinated Tea or Coffee, any carbonated beverages, Kool-Aid, Gatorades and sport drinks. Fruit Juices: Apple, Cranberry, Grape, Cranapple (red cranberry juice is okay). Jell-O (DO NOT ADD FRUITS OR VEGETABLES). Popsicles (Plain, not creamy or fruity, except red), Sugar, Honey, Fat Free Broth or Bouillon.

5 PM THE EVENING BEFORE THE PROCEDURE

- Take (4) OsmoPrep tablets every 15 minutes with at least **8 ounces of any clear liquid** until all 20 tablets have been consumed. Remain close to toilet facilities. Continue to drink clear fluids for hydration.

FIRST REGIMEN

- One dose 4 tablets with 8 oz of any clear liquid every 15 minutes for a total of 5 doses (20 tablets)

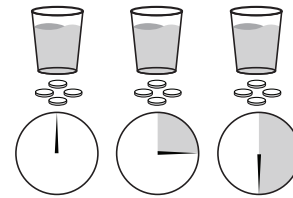


STEP 4 DAY OF YOUR COLONOSCOPY

- Starting **5 hours** prior to your procedure take (4) OsmoPrep tablets every 15 minutes with at least **8 ounces of any clear liquid** until the remaining 12 tablets have been consumed. Continue to drink clear fluids up to **4 hours** prior to the procedure time.
- AT 9 PM** • Take 2 GAS-X (simethicone) anti-gas chewable or soft gels with 8oz of clear liquid. The simethicone medication reduces bubble formation in your colon and improves exam quality.
- AT 10 PM** • Take 2 additional GAS-X (simethicone) doses with 8oz of clear liquid.

SECOND REGIMEN

- One dose every 15 minutes for a total of 3 doses (12 tablets)



TIPS FOR IMPROVED BOWEL PREP:

- Bowel prep solutions taste best well-chilled.
- You may add Crystal Light or tea bag to mask the taste.
- If lukewarm liquids are preferred, remove the dose from refrigerator for 15-30 minutes before drinking.
- Drink the whole dose quickly rather than sipping small amounts
- Try drinking the bowel prep solution through a straw
- Rinse mouth with water, clear soda, or mouthwash after drinking
- Suck on hard candy or lollipops (No red or purple)
- TO AVOID A SORE BOTTOM FROM FREQUENT BOWEL MOVEMENTS:**
- Apply diaper rash cream/zinc oxide **LIBERALLY** after each trip to the bathroom
- Avoid rubbing; gently pat area with wet washcloth or pre-moistened wipe or rinse with water
- Wipe with refrigerated Tucks or Fleet relief pads (available over the counter)
- Have reading material handy in the bathroom, MP3 player, iPod, etc.