

INSTRUCTIONS FOR COLONOSCOPY

(USING OSMOPREP TABLETS)

(OBTAIN PRESCRIPTION FOR OSMOPREP, 32 Tablets)

READ ALL INSTRUCTIONS CAREFULLY

REPORT TO:

Pacific Gastroenterology Endoscopy Center, 26421 Crown Valley Pkwy. # 140B, Mission Viejo

Date _____ Arrival Time _____ Procedure Time _____

- 1) If you are taking Iron pills, please stop this for three days before your procedure.
- 2) If you are taking **blood thinning medicines like Coumadin (Warfarin), Pradaxa, Xarelto or Plavix**, please consult your doctor. You may need to stop these medications for at least 3 days prior to your procedure.
- 3) **Do not eat any seeds like popcorn, multigrain bread, sesame, granola bar, corn for one week** prior to colonoscopy.
- 4) **Day Before Examination**
 - Drink only “clear liquids” for breakfast, lunch, and dinner. Solid foods, milk or milk products are **not** allowed.
 - “CLEAR LIQUIDS” INCLUDE:
 - ⇒ Strained fruit juices without pulp (apple, white grape, lemonade)
 - ⇒ Water, Clear broth or bouillon
 - ⇒ Coffee or tea (without milk or non-dairy creamer)
 - ⇒ All of the following that are **not** colored red or purple
 - ◇ Gatorade, Carbonated and non-carbonated soft drinks
 - ◇ Kool-Aid (or other fruit flavored drinks), Ice popsicles
 - ◇ Plain Jello (without added fruits or toppings).
- Evening (7 pm)**
 - Take three OSMOPREP, tablets with at least 8 ounces of clear liquid (water works well) every 15 minutes. The last dose will be only 2 tablets, for a total of 20 tablets.
- 5) **Day of Examination**
 - Morning (5 am): Do not skip this dose even if you think your colon is clean enough.**
 - Take three OSMOPREP, tablets with at least 8 ounces of clear liquid (water works well) every 15 minutes for a total of 12 tablets.
 - Do not eat or drink (except for your usually prescribed pills) after 5.30 am. Please eat **NO BREAKFAST** and AVOID DARK COFFEE on the morning of your examination.
 - 6) **MEDICATIONS**
 - (a) **Evening prior to your examination:** Take any of your usually prescribed medications **more** than two hours before or two hours after you take the OsmoPrep tablets. This is to decrease the chance of your medications being washed out of your intestines before they can be absorbed.
 - (b) **On the morning of the procedure:** Take all your usually prescribed medications with water before 6 am. If you are a **DIABETIC**, please discuss with your doctor scheduling this test, what you should do with your insulin on the morning of the procedure.
- 7) You will probably require some medication by vein for the procedure to relax you. This medication may make you sleepy for a few hours. If you receive this medication you will be required to remain here at the Endoscopy Center for about 30 minutes after the procedure is completed for observation.
- 8) If you receive this relaxing medication by vein, you cannot safely drive yourself home after the test. Therefore, plan on having someone bring you to the Endoscopy Center and return you home after the procedure. Likewise, you should not plan on operating any heavy or dangerous machinery until the day after the procedure.
- 9) Wear loose comfortable clothing. Please wear or bring a pair of socks with you.
- 10) The doctor who will be doing your Colonoscopy is **Om P. Chaurasia, MD**.



If there are any questions regarding the procedure or its scheduling, please call the Endoscopy Center at (949) 365-8836.