

Maryland Digestive Disease Center

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Osmoprep Patient Instructions for Colonoscopy

Patient Na	me:		
Date: Arrival Time for Proceed		dure:	
With Doct	or:		
Location:	Ambulatory Endoscopy Center of Maryland	Laurel Regional Hospital	
	Washington Adventist Hospital	Howard County General	

YOU MUST FILL YOUR PRESCRIPTION FOR OSMOPREP.

You will be given sedation for your procedure and <u>MUST</u> have a ride <u>TO</u> and <u>FROM</u> the examination. You <u>CANNOT</u> drive yourself and <u>MUST</u> be accompanied by a responsible adult. You <u>MAY NOT</u> go home on public transportation alone. Pick up time will be approximately 1 hour after the procedure start time.

In order to be properly prepared for your procedure, please review the Pre-Procedure requirements on the attached sheet **one week** prior to your exam and follow the instructions carefully.

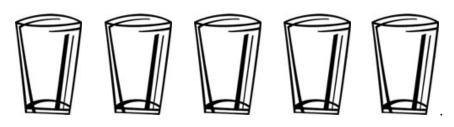
The tablets and liquids in the prep will cause you to have repeated loose stools (diarrhea), which is the expected result. These solutions typically work within 30-60 minutes but may take as long as 4 hours to have an effect. During the preparation process, you are advised to have a bathroom nearby. It is very important that you follow each step and complete all of these instructions or the colonoscopy may have to be repeated. The bowel preparation will not work properly unless you drink plenty of liquids.

Should you have any questions please contact our office at 301-498-5500.

Address & Directions to Ambulatory Endoscopy Center of MD: 7350 Van Dusen Road, Suite 230, Laurel, MD 20707. Take I 95 to exit 33 A, Route 198 towards Laurel. At first intersection, turn right onto Van Dusen Road. At 5th traffic light, make a right into the Laurel Regional Hospital driveway. The Medical Arts Pavilion is on the right. You should report to Suite 230.

Appointment Day M Tu W Th F	Date	Capital Digestive Care, LLC Maryland Digestive Disease Center
5 Days Before Procedure	 Discontinue Aspirin, Ibu Medicines. You may us Discontinue blood thing 	
3 Days Before Procedure	Stop eating high fiber foods i Nuts Corn Popcorn Raw fruits Raw Vegetables Bran	
1 Day Before Procedure	liquids or alcohol) Examples of clear liquids are Coffee or Tea (no m Clear broth or bouid Carbonated or non Fruit juices without Jell-O Popsicles Hard candy Drink 6-8 glasses of water the At 6 p.m.: Start the first didiagram) Take 4 tablets with minutes for 1 houd At 7 p.m., you shoud oz. of clear liquid It is imperative the avoid dehydration After your first do	d diet the entire day (No red, blue or purple : nilk or milk products) llon -carbonated soft drinks t pulp roughout the day osing regimen (See first dosing regimen th at least 8 oz. of clear liquid every 15 ur ould have taken a total of 20 tablets and 40 at you drink all of the liquids as directed to
Day of Procedure	 5 hours before your p Take 4 tablets with at le minutes then STOP drin diagram) You should have taken a After finishing your se heart and blood press You may have NOTHII If you are asthmatic, p of your procedure. If you are unable to re 	

• First dosing regimen

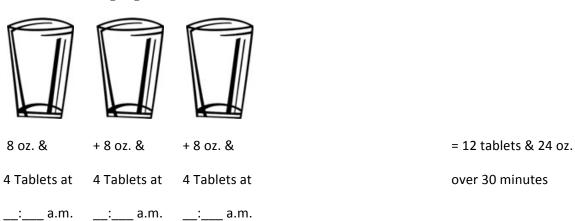


8 oz. & + 8 oz. & + 8 oz. & + 8 oz. & = 20 tablets & 40 oz.

4 Tablets at 4 Tablets at 4 Tablets at 4 Tablets at 0 ver 1 hour

6:00 p.m. 6:15 p.m. 6:30 p.m. 6:45 p.m. 7:00 p.m.

• Second dosing regimen



You may receive a total of 4 statements; (1) Ambulatory Endoscopy Center (facility services), (2) Capital Digestive Care, Maryland Digestive Disease Center (physician services), (3) Corridor Anesthesia (anesthesia services) and (4) laboratory/pathology charges if performed.

Please note there is a cancellation fee for appointments not cancelled within 48 hours.

Laurel, MD	Columbia, MD	Takoma Park, MD
7350 Van Dusen Rd	5500 Knoll North Dr.	7610 Carroll Ave
Suite 210 & 230	Suite 460	Suite 250
Laurel, MD 20707	Columbia, MD 21045	Takoma Park, MD 20912
301-498-5500 Office	410-730-9363 Office	301-270-3640 Office
301-498-7346 Fax	410-730-2084 Fax	301-270-3645 Fax