



**Maryland Digestive
Disease Center**

Jeffrey S. Garbis, MD, FAGG
Richard M. Chasen, MD, FAGG
Jeffrey Bernstein, MD, FAGG
Theodore Y. Kim, MD, FAGG
Marvin E. Lawrence II, MD, FAGG
Sean M. Karp, MD, FAGG
Priti Bijuria, MD

ELLCOTT CITY, MD
4801 Dorsey Hall Drive
Suite 120
Ellicott City, MD 21042
410.730.9363 **OFFICE**
410.730.2084 **FAX**

LAUREL, MD
7350 Van Dusen Road
Suites 210 & 230
Laurel, MD 20707
301.498.5500 **OFFICE**
301.498.7346 **FAX**

TAKOMA PARK, MD
7610 Carroll Avenue
Suite 250
Takoma Park, MD 20912
301.270.3640 **OFFICE**
301.270.3645 **FAX**

Osmoprep Patient Instructions for Colonoscopy

Patient Name: _____

Date: _____ **Arrival Time for Procedure:** _____

With Doctor: _____

Location: _____

YOU MUST FILL YOUR PRESCRIPTION FOR OSMOPREP.

You will be given sedation for your procedure and **MUST** have a ride **TO** and **FROM** the examination. You **CANNOT** drive yourself and **MUST** be accompanied by a responsible adult. You **MAY NOT** 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 one of our office locations listed below.

Directions to Ambulatory Endoscopy Center of MD: 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.

LAUREL, MD

7350 Van Dusen Rd, Suite 210
Laurel, MD 20707

301.498.5500 **PHONE**
301.498.7346 **FAX**

ELLCOTT CITY, MD

4801 Dorsey Hall Dr, Suite 120
Ellicott City, MD 21042

410.730.9363 **PHONE**
410.730.2084 **FAX**

TAKOMA PARK, MD

7610 Carroll Ave, Suite 250
Takoma Park, MD 20912

301.270.3640 **PHONE**
301.270.3645 **FAX**

<p align="center">Appointment Day</p> <p align="center">M Tu W Th F</p>	<p>Date _____</p> <p>Arrival Time _____</p>	<p align="center">Capital Digestive Care, LLC</p> <p align="center">Maryland Digestive Disease Center</p>
<p>5 Days Before Procedure</p>	<ul style="list-style-type: none"> • Fill prescription for Osmoprep • Read all instructions carefully • Discontinue fiber supplements or medications containing iron • Discontinue Aspirin, Ibuprofen, Advil/Motrin and Anti-Inflammatory Medicines. You may use Tylenol (Acetaminophen) for discomfort. • Discontinue blood thinners/anticoagulation medicines (e.g. Plavix/Coumadin/Warfarin) but take all other medications 	
<p>3 Days Before Procedure</p>	<p>Stop eating high fiber foods including:</p> <ul style="list-style-type: none"> • Nuts • Corn • Popcorn • Raw fruits • Raw Vegetables • Bran 	
<p>1 Day Before Procedure</p>	<ul style="list-style-type: none"> • No solid foods today (day before your procedure) • <u>In the A.M.</u>, begin clear liquid diet the entire day (No red, blue or purple liquids or alcohol) <p>Examples of clear liquids are:</p> <ul style="list-style-type: none"> ➤ Coffee or Tea (no milk or milk products) ➤ Clear broth or bouillon ➤ Carbonated or non-carbonated soft drinks ➤ Fruit juices without pulp ➤ Jell-O ➤ Popsicles ➤ Hard candy <ul style="list-style-type: none"> • Drink 6-8 glasses of water throughout the day • <u>At 6 p.m.:</u> Start the first dosing regimen (See first dosing regimen diagram) <ul style="list-style-type: none"> ➤ Take 4 tablets with at least 8 oz. of clear liquid every 15 minutes for 1 hour ➤ At 7 p.m., you should have taken a total of 20 tablets and 40 oz. of clear liquid ➤ It is imperative that you drink all of the liquids as directed to avoid dehydration ➤ After your first dosing regimen continue to drink clear liquids until bedtime, but not after midnight. 	
<p>Day of Procedure</p>	<ul style="list-style-type: none"> ➤ <u>5 hours</u> before your procedure: Time: _____ ➤ Take 4 tablets with at least 8 oz. of clear liquid every 15 minutes for 30 minutes then STOP drinking clear liquids. (See second dosing regimen diagram) ➤ You should have taken a total of 12 tablets and 24 oz. of clear liquid ➤ After finishing your second dosing regimen, you should take your heart and blood pressure medication with sips of water ➤ You may have <u>NOTHING</u> by mouth 4 hours prior to the procedure ➤ If you are asthmatic, please bring your inhaler with you on the day of your procedure. ➤ If you are unable to read or communicate in the English language, please bring an interpreter with you to translate. 11/11/13 gg 	

- **First dosing regimen**



8 oz. &
4 Tablets at
6:00 p.m.



+ 8 oz. &
4 Tablets at
6:15 p.m.



+ 8 oz. &
4 Tablets at
6:30 p.m.



+ 8 oz. &
4 Tablets at
6:45 p.m.



+ 8 oz. &
4 Tablets at
7:00 p.m.

= 20 tablets & 40 oz.
over 1 hour

- **Second dosing regimen**



8 oz. &
4 Tablets at
__:__ a.m.



+ 8 oz. &
4 Tablets at
__:__ a.m.



+ 8 oz. &
4 Tablets at
__:__ a.m.

= 12 tablets & 24 oz.
over 30 minutes

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.