



**CAPITAL
DIGESTIVE
CARESM**

First in Digestive Health

Digestive Disease Consultants

NAME: _____

We perform procedures at the following locations:

GIEA

**15005 Shady Grove Road
Suite 200
Rockville, MD 20850**

Shady Grove Adventist Hospital

**Out-Patient Surgery Center
9901 Medical Center Drive
Rockville, MD 20850**

Please **ARRIVE** at: _____ on _____
Time Date

WARNINGS

There have been rare, but serious reports of acute phosphate nephropathy in patients who received oral sodium phosphate products for colon cleansing prior to colonoscopy. Some cases have resulted in permanent impairment of renal function and some patients required long-term dialysis. While some cases have occurred in patients without identifiable risk factors, patients increased risk of acute phosphate nephropathy may include those with increased, age, hypovolemia, increased bowel transit time (such as bowel obstruction), active colitis, or baseline kidney disease, and those using medicines that affect renal perfusion or function (such as diuretics, angiotension converting enzyme [ACE] inhibitors, angiotension receptor blockers [ARBs], and possibly nonsteroidal anti-inflammatory drugs [NSAIDs]).

PREPARATION INSTRUCTIONS FOR COLONOSCOPY (OSMOPREP)

- **STOP COUMADIN/WARFARIN _____ DAYS PRIOR TO YOUR PROCEDURE**
- **STOP PAVIX _____ DAYS PRIOR TO YOUR PROCEDURE**
- **TAKE ALL OF YOUR USUAL MORNING MEDICATIONS AT LEAST 4 HOURS PRIOR TO YOUR PROCEDURE UNLESS OTHERWISE DIRECTED BY YOUR PHYSICIAN**
- **YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME.** You may not drive for the rest of the day once the procedure is completed. The sedation, which makes the procedure comfortable, will take time to wear off.
- Please **purchase: OsmoPrep tablets** - prescription attached
- **THE ENTIRE DAY BEFORE THE PROCEDURE, YOU MAY HAVE CLEAR LIQUIDS ONLY.** Clear liquids include coffee, tea, water-either carbonated or regular, Gatorade, all soft drinks, e.g. coke, Pepsi, ginger ale, 7-Up; all of the clear juices –apple, cranberry, grape; Jell-O or other similar gelatin; clear soups, i.e. bouillon or broth. Sugar and/or artificial sweeteners are allowed. You may continue these clear liquids up until 4 hours prior to your procedure.

Capital Digestive Care
Digestive Disease
Consultants

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capitaldigestivecare.com

NOT ALLOWED ON A CLEAR LIQUID DIET: Milk, cream, soy milk equivalent, artificial creamer, pulpy juices like orange, grapefruit, pineapple, tomato and V-8, all NOT allowed.

IMPORTANT NOTE: If you eat Red JELL-O it may look red coming out but it is not blood.

1. Drink a lot of fluids – this will keep you hydrated. Water is not the preferred clear liquid. The others listed above are better for hydration and prep. The more fluid you drink the better. The fluid itself helps clean the colon and remember – a clean colon makes this procedure safer and allows the best visibility. **Reminder – You may have clear liquids only up until 4 hours prior to your exam, then NOTHING TO EAT, DRINK, SMOKE, OR CHEW.**

<p>Beginning at 5pm the day before your procedure:</p> <p>First Regimen</p> <p>Dose 1 @ 5:00pm 4 tablets [] w/8oz Clear Liquid Dose 2 @ 5:15pm 4 tablets [] w/8oz Clear Liquid Dose 3 @ 5:30pm 4 tablets [] w/8oz Clear Liquid Dose 4 @ 5:45pm 4 tablets [] w/8oz Clear Liquid Dose 5 @ 6:00pm 4 tablets [] w/8oz Clear Liquid</p> <p style="text-align: right;">Total <u>20 tablets</u></p>	<p>Beginning 5 hours before your procedure:</p> <p>Second Regimen</p> <p>5 hours before procedure 4 tablets [] w/8oz Clear Liquid 15 minutes later 4 tablets [] w/8oz Clear Liquid 15 minutes later 4 tablets [] w/8oz Clear Liquid</p> <p style="text-align: right;">Total <u>12 tablets</u></p> <p>YOU MAY CONTINUE TO HAVE CLEAR LIQUIDS UP UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE.</p>
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PLEASE NOTE: IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOURS PRIOR TO THE SCHEDULED APPOINTMENT A \$150 CANCELLATION FEE WILL BE CHARGED