



**CAPITAL  
DIGESTIVE  
CARE<sup>SM</sup>**

*First in Digestive Health*

**Maryland Digestive Disease Center**

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### **Osmoprep Patient Instructions for Colonoscopy**

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Arrival Time for Procedure:** \_\_\_\_\_

**With Doctor:** \_\_\_\_\_

**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 **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 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 5<sup>th</sup> 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.*

<p style="text-align: center;"><b>Appointment Day</b></p> <p style="text-align: center;">M Tu W Th F</p>	<p>Date _____</p> <p>Arrival Time _____</p>	<p style="text-align: center;"><b>Capital Digestive Care, LLC</b> <b>Maryland Digestive Disease</b> <b>Center</b></p>
<p><b>5 Days Before Procedure</b></p>	<ul style="list-style-type: none"> <li>• <b>Fill prescription for Osmoprep</b></li> <li>• <b>Read all instructions carefully</b></li> <li>• <b>Discontinue fiber supplements or medications containing iron</b></li> <li>• <b>Discontinue Aspirin, Ibuprofen, Advil/Motrin and Anti-Inflammatory Medicines. You may use Tylenol (Acetaminophen) for discomfort.</b></li> <li>• <b>Discontinue blood thinners/anticoagulation medicines (e.g. Plavix/Coumadin/Warfarin) but take all other medications</b></li> </ul>	
<p><b>3 Days Before Procedure</b></p>	<p><b>Stop eating high fiber foods including:</b></p> <ul style="list-style-type: none"> <li>• Nuts</li> <li>• Corn</li> <li>• Popcorn</li> <li>• Raw fruits</li> <li>• Raw Vegetables</li> <li>• Bran</li> </ul>	
<p><b>1 Day Before Procedure</b></p>	<ul style="list-style-type: none"> <li>• <b>No solid foods today (day before your procedure)</b></li> <li>• <b>In the A.M., begin clear liquid diet the entire day (No red, blue or purple liquids or alcohol)</b></li> </ul> <p><b>Examples of clear liquids are:</b></p> <ul style="list-style-type: none"> <li>➤ Coffee or Tea (no milk or milk products)</li> <li>➤ Clear broth or bouillon</li> <li>➤ Carbonated or non-carbonated soft drinks</li> <li>➤ Fruit juices without pulp</li> <li>➤ Jell-O</li> <li>➤ Popsicles</li> <li>➤ Hard candy</li> </ul> <ul style="list-style-type: none"> <li>• <b>Drink 6-8 glasses of water throughout the day</b></li> <li>• <b>At 6 p.m.:</b> Start the first dosing regimen (See first dosing regimen diagram) <ul style="list-style-type: none"> <li>➤ Take <b>4 tablets</b> with <b>at least 8 oz.</b> of clear liquid every <b>15 minutes</b> for 1 hour</li> <li>➤ At 7 p.m., you should have taken a total of <b>20 tablets</b> and <b>40 oz.</b> of clear liquid</li> <li>➤ It is imperative that you drink all of the liquids as directed to avoid dehydration</li> <li>➤ After your first dosing regimen continue to drink clear liquids until bedtime, but not after midnight.</li> </ul> </li> </ul>	
<p><b>Day of Procedure</b></p>	<ul style="list-style-type: none"> <li>➤ <b>5 hours before your procedure: Time: _____</b></li> <li>➤ Take <b>4 tablets</b> with <b>at least 8 oz.</b> of clear liquid every <b>15 minutes</b> for 30 minutes then <b>STOP</b> drinking clear liquids. (See second dosing regimen diagram)</li> <li>➤ You should have taken a total of <b>12 tablets</b> and <b>24 oz.</b> of clear liquid</li> <li>➤ After finishing your second dosing regimen, you should take your heart and blood pressure medication with sips of water</li> <li>➤ You may have <b>NOTHING</b> by mouth 4 hours prior to the procedure</li> <li>➤ If you are asthmatic, please bring your inhaler with you on the day of your procedure.</li> <li>➤ If you are unable to read or communicate in the English language, please bring an interpreter with you to translate. 02-17-15 gg</li> </ul>	

• **First dosing regimen**



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

4 Tablets at 4 Tablets at 4 Tablets at 4 Tablets at 4 Tablets at over 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**



8 oz. & + 8 oz. & + 8 oz. & = 12 tablets & 24 oz.

4 Tablets at 4 Tablets at 4 Tablets at over 30 minutes

\_\_:\_\_ a.m. \_\_:\_\_ a.m. \_\_:\_\_ a.m.

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.

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