



**CAPITAL  
DIGESTIVE  
CARE<sup>SM</sup>**  
*First in Digestive Health*

Capital Gastroenterology Consultants

**Patient Instructions:**  
Colonoscopy/Polypectomy  
(Double Osmo Prep)

Procedure Date: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Arrive at: \_\_\_\_\_

Procedure Location:

Silver Spring  
10801 Lockwood Dr, Ste 110  
Silver Spring, MD 20901  
301.593.5110

Rockville  
15005 Shady Grove Rd, Ste 300  
Rockville, MD 20852  
301.762.1280

Due to cancellations or physician emergencies, your procedures **time** may change. You will be called the day before to confirm **all** appointment instructions. PLEASE ALLOW ABOUT 2 HOURS TOTAL TIME FOR ALL ASPECTS OF YOUR PROCEDURES.

**SEE REVERSE FOR INSTRUCTIONS, PLEASE REVIEW CAREFULLY AT LEAST SEVEN (7) DAYS BEFORE YOUR PROCEDURES.**

## ABOUT YOUR PROCEDURE

You need to receive a prescription from your physician to obtain **28 OsmoPrep Tabs** from your local pharmacy. Take these tabs according to the directions on this sheet.

You will be sedated with an intravenous medication, and that will impair your judgment and perception. After the procedure you will have time to rest, however, you must **make arrangements for transportation home with a responsible adult (18 or older)** since lingering effects of the medication will make operating a motor vehicle hazardous for 24 hours after the procedure. *If these arrangements are not made before you come to the facility, your procedure will be cancelled. No one will be allowed to leave in a taxi without a responsible adult (someone 18 or older) to accompany them.*

## SEVEN (7) DAYS BEFORE YOUR PROCEDURE

Do not take any **aspirin** (including Ecotrin, Bufferin, and Anacin) as well as, **iron** or iron-containing vitamins; or herbal supplements like Ginseng, Gingko, fish oil, Omega 3, and Garlic. If you take Plavix, Coumadin, Heparin and Lovenox, consult with your physician to know when they should be stopped.

## FOUR (4) DAYS BEFORE YOUR PROCEDURE

Do not take **anti-inflammatories** (e.g., ibuprofen, Advil, Motrin, Aleve, etc.). However, Celebrex may be continued up to the day of the procedure. You can take **Acetaminophen** or **Tylenol** for discomfort.

## TWO (2) DAYS BEFORE YOUR PROCEDURE

Do not eat any foods containing seeds such as tomatoes, cucumbers, rye bread, corn, celery, popcorn and nuts.

## THE DAY BEFORE YOUR PROCEDURE

**Do not eat any solid foods or dairy products. Drink only clear liquids for breakfast, lunch and dinner.** Clear liquids include clear juices such as apple, grape and cranberry, clear broth or bouillon, tea and coffee (without milk or creamer), Jell-O, Italian ices, sodas, Gatorade, Kool Aid and water. **Drink at least 48oz of fluids throughout the day before taking the prep. Jell-O, ices or any drinks with artificial red, purple or orange coloring are not allowed.**

## THE DAY BEFORE YOUR PROCEDURE (cont.)

If you are taking any medications (prescription or nonprescription) for any reason, please check with the doctor to determine whether or not to take your medications on the day of your procedure. **Please take all heart and blood pressure medications up to and including the day of your procedure.** If you are diabetic and taking glucophage, hold glucophage for 24 hours prior to your procedure. Hold all other oral diabetic medications the morning of your procedure. **Please bring to your appointment all inhalers that you use.**

## TAKING YOUR PREP

The **day before** your procedure at 4:00pm, take 4 **OsmoPrep Tablets** with at least 8 fl.oz. of approved clear liquid (water, juice or soda) every 15 minutes. The last dose should be taken with at least 12 fl. oz. of any clear liquid.

<b>Dose 1</b>	4:00pm	4 Tablets + 8 fl.oz. of clear liquid
<b>Dose 2</b>	4:15pm	4 Tablets + 8 fl.oz. of clear liquid
<b>Dose 3</b>	4:30pm	4 Tablets + 8 fl.oz. of clear liquid
<b>Dose 4</b>	4:45pm	4 Tablets + 8 fl.oz. of clear liquid
<b>Dose 5</b>	5:00pm	4 Tablets + 12 fl.oz. of clear liquid

Following this regimen, continue drinking more of the approved clear liquids, so that you don't become dehydrated.

The **day of your procedure**, start your second regimen 6 hours before your procedure. Take 4 **OsmoPrep Tablets** with at least 8 fl.oz. of approved clear liquid (water, juice or soda) 15 minutes apart. The last dose should be taken with at least 12 fl.oz. of any clear liquid.

<b>Dose 1</b>	Start time	4 Tablets + 8 fl.oz. of clear liquid
<b>Dose 2</b>	+ 15 min	4 Tablets + 12 fl.oz. of clear liquid

**You may have clear liquids up until 4 hours before your procedure. During the 4 hours before your procedure, take nothing by mouth, not even water or chewing gum, except for a small sip of water if needed for your medications. However, you may still brush your teeth prior to the procedure. Please do not wear perfumed products to the appointment.**

**NOTE:** Individual response to laxatives may vary. This prep will cause multiple bowel movements and often works within 30 minutes but, can take as long as 3 hours. Please remain within easy reach of bathroom facilities.