



NAME: _____

We perform procedures at the following locations:

- GIEA
15005 Shady Grove Road. Ste 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

PROCEDURE TIME: _____

PREPARATION INSTRUCTIONS FOR COLONOSCOPY (OSMOPREP)

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]).

- ❖ STOP COUMADIN/WARFARIN _____ DAYS PRIOR TO YOUR PROCEDURE
- ❖ STOP PLAVIX _____ 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 has been sent to your Pharmacy

3 DAYS BEFORE YOUR PROCEDURE: Avoid popcorn.

Capital Digestive Care

Alan N. Schulman, MD
Julia C. Korenman, MD
Lawrence A. Bassin, MD
David L. Jager, MD
Olanma Y. Okoji, MD
Brian Ciampa, MD
Leigh Lurie, MD
Colleen M. Kennedy-Smith, CRNP
Lisa Rainsford, PA-C

ROCKVILLE, MD

14955 Shady Grove Rd
Suite 150
Rockville, MD 20850

301.340.3252 **PHONE**
301.340.1423 **FAX**

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.

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.

- ❖ **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.**

Beginning at 5pm the day before your procedure:

First Regimen

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

Total of 20 tablets

Beginning 5 hours before your procedure:

Second Regimen

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

Total 12 tablets

- ✓ **YOU MAY CONTINUE TO HAVE CLEAR LIQUIDS UP UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE.**

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

If you have any urgent questions after hours, regarding the prep or procedure, please contact the Doctor on call at 301-340-3252