



**CAPITAL
DIGESTIVE
CARESM**

First in Digestive Health

Birns, Gloger, Witten & Bhinder, MD

Patient Name: _____

INSTRUCTIONS FOR COLONOSCOPY OSMO PREP

Date: _____ **Time of Procedure:** _____

Arrival Time: _____ **with Dr.** _____

Location: _____ **Urbana GI Endoscopy Center** – 3280 Urbana Pike # 104 Ijamsville, MD 21754
Phone Number 240-436-6440

_____ **GIEA-** 15005 Shady Grove Rd # 200, Rockville, MD 20850
Phone Number 301-340-8099

_____ **Shady Grove Adventist Hospital, Outpatient Surgery Center**
9901 Medical Center Dr, Rockville, MD 20850
Phone Number 240-826-7541

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged ½ to 1 hour after your procedure is complete.

Please leave all valuables and jewelry at home. Please refrain from wearing cologne, perfume or lotions.

Please remember we require 72-hour notice for cancellations or rescheduled appointments. If you fail to give 72 hour notice you may be charged a cancellation fee.

ONE WEEK BEFORE THE PROCEDURE

. You may take Tylenol as needed.

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to the procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to procedure.

- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact a nurse in regard to holding these medications prior to the procedure. You can reach an RN at the number listed above as your designated location for your procedure.

You need to purchase the following products to take the day before the procedure:

- Osmo prep–(prescription-which includes the 32 pills)
- 8 – 5 mg Dulcolax laxative tablets (over the counter)
- 16 fl oz. of carbonated beverage (ginger ale, sparkling water)
- 64 fl oz. of clear liquid (see back for suggested clear liquids)

5 DAYS PRIOR TO THE PROCEDURE

Stop eating high fiber foods and fiber supplements (including nuts, corn, popcorn, raw fruits, vegetables and bran) *Cooked fruits and vegetables are acceptable.*

DAY BEFORE THE PROCEDURE

You must be on a **clear liquid diet** the entire day before your procedure (**no solid foods**)

DO NOT drink milk or alcoholic beverages

Any of the following clear liquids are OK

Water

Strained fruit juices (without pulp) including apple, orange, grape, or cranberry

Limeade or Lemonade

Coffee or tea (DO NOT use any dairy or non-dairy creamer)

Clear broth (beef, chicken, or vegetable) with or without salt or pepper

Gatorade, PowerAde, or Vitamin Water type products

Crystal Light

This is the laxative dosing regimen you must follow day before the procedure.

4:30 pm	Take 4 Dulcolax laxative tablets
5:00pm	4 Osmo Prep tablets with 8 oz of clear liquid
5:15pm	4 Osmo Prep tablets with 8 oz of clear liquid
5:30pm	4 Osmo Prep tablets with 8 oz of clear liquid
5:45pm	4 Osmo Prep tablets with 8 oz of clear liquid
6:00pm	4 Osmo Prep tablets with 8 oz of clear liquid
6:15pm	8 oz of carbonated beverage
-----	Take a break between doses
9:00pm	4 Osmo Prep tablets with 8 oz of clear liquid
9:15pm	4 Osmo Prep tablets with 8 oz of clear liquid
9:30pm	4 Osmo Prep tablets with 8 oz of clear liquid
10:00pm	8 oz of carbonated beverage
10:15pm	Take 4 Dulcolax laxative tablets

The purpose of this prep is to clean your colon. Your bowels should not be solid, brown/cloudy tinged liquid bowel movements is acceptable. *We recommend coating the rectal area with **VASELINE** to protect the skin from chaffing while prepping.

*****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 4 hours prior to the procedure.**

If any problems or questions arise, please call our office at 301-251-1244 option 3 during normal business hours.