



## DIABLO DIGESTIVE CARE

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### Instructions for Colonoscopy (Osmo-Prep)

Procedure Date: \_\_\_\_\_ Procedure Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

\*\*\* The key to a successful bowel preparation is FLUIDS. A diet consisting of more fluids BEFORE the procedure as well as more fluids DURING the bowel preparation will produce a higher quality procedure. Please call our office for ANY questions regarding your preparation.

In the **5 DAYS PRIOR** to your scheduled colonoscopy, discontinue the following medications and supplements:

Fiber agents (Metamucil, Citrucel, Psyllium, Flax Seed, etc.), Oral Iron, Aspirin, NSAIDs (such as Ibuprofen, Advil, Motrin, Naprosyn, etc.), Plavix and Coumadin. Please contact us if you have any questions or concerns with these or any other medications.

On the **DAY PRIOR** to your procedure, **ONLY CLEAR LIQUIDS** (that one can see thorough) should be consumed.

#### **NO RED OR PURPLE**

Water, Gatorade, sodas, juices (white cranberry, apple, etc.), broth, Jell-O, popsicles, tea and coffee are examples. **NO Milk or Alcohol should be consumed.**

On the **EVENING PRIOR** to your procedure begin your **OSMO-PREP** preparation at 5 PM

**Take 4 pills with 8 ounces of clear fluid every 15 min. Over a 1 hour period, you will have consumed 20 tablets total**

The **MORNING** of your procedure at 5 am.

Take 4 pills with 8 ounces of clear fluid every 15 min. You will have ingested the remaining 12 tablets over a 30 minute period.

- Nothing by mouth **2 HOURS PRIOR** to your procedure.

\*\*\* Please note you **MUST** have someone drive you home after your procedure. No facility will allow a procedure to be performed without an identifiable escort available.

- Please call the Center directly for directions.
- Most Centers require you arrive **1 HOUR PRIOR** to your scheduled procedure time.
- Cancellation within 72 hours of a scheduled procedure may result in a cancellation fee.