

Preparing for your Colonoscopy with OsmoPrep

Colonoscopy involves a small flexible scope about the size of your little finger. There is a light and a lens on the end, which will allow me to look directly into your rectum and colon. Abnormalities seen on x-rays can be verified and some lesions not seen by x-rays can be found. Sometimes small biopsies (pieces of tissues to examine under a microscope) are taken. You will not feel the biopsies being taken.

It is important that your bowels be completely empty for the exam, so do **NOT** have anything to eat or drink after midnight before the procedure. You will be given a prescription for a liquid solution in my office. Please complete this dosing regimen as directed by Dr. Narvaez. If you take insulin or any diabetic medication do **NOT** take them until after your procedure. You will need someone to drive you home after your procedure. Avoid any blood thinners 1 week prior to your procedure. If your are taking blood pressure medications take these as normal the day of your procedure.

After checking in at admission office you will be changed into a hospital gown and a small I.V. line will be placed into a vein in your arm. You will receive some medication through your I.V. to help you relax and make you drowsy. The procedure will begin by passing the scope through your rectum into your colon. This process should cause little to no discomfort. Your heart rate and breathing will be monitored throughout the entire procedure.

You will be observed approximately one hour after your procedure. Dr. Narvaez will speak with you and your family to let you know how everything went during the procedure. This does not mean that he knows the diagnosis at this time, especially if there were biopsies done. These results can take up to 7 days to receive, so it is very important for you to keep your follow up appointment, unless otherwise directed by Dr. Narvaez.

Day 1

- The morning before the procedure you may have a light breakfast, no later than 8am, such as oatmeal or Cereal, water or black coffee. No fruit or fruit juices.
- At lunch you may have 1 piece of baked or grilled chicken or fish no later than 1pm. No additional sides such as vegetables or carbohydrates.
- After 1pm start an all clear liquid diet such as, light soup, broth and non-red gelatin desserts. Do not eat any food after your light lunch.
- From 1pm to 6pm drink plenty of fluids to stay hydrated during the bowel preparation.
- At 6pm start taking the OSMOPREP; 4 tablets with 8oz. of clear liquid every 15 minutes until the first 20 tablets are consumed. **DO NOT** exceed 20 tablets the first day and stay close to the toilet facilities. Walking around will relieve any bloating sensations; if needed you may take the pills in 30 minute increments until the 20 pills are taken.
- Make sure to consume unlimited amounts of clear liquid as tolerated till midnight to ensure proper hydration.

Day 2

- 3 hours before your procedure _____am finish taking the OSMOPREP: 4 tablets with 8oz of clear liquids every 15 minutes until the remaining 12 tablets are consumed.
- **DO NOT EAT** anything until after your procedure.

Patient Name _____

Date of Colonoscopy _____ Time _____ Facility _____

I am confirming that I **DO NOT** have the following medical conditions or medical history in order to receive OsmoPrep:

- Diabetes
- Renal Disease
- High Blood Pressure
- Gastric Bypass

I acknowledge that I understand the following additional instructions as they pertain to my procedure:

- Blood Pressure medication must be taken 2 hours prior to my procedure _____

• *If applicable, the following meds will be taken before the procedure:*

- All blood thinners, such as Tylenol, must be stopped 3 days prior to the procedure _____
- A chaperone must drive me to the facility, wait for me at the facility and drive me home from the facility _____

By signing this form, I hereby understand all that is written:

Patient Signature _____ Date _____

Please call the office if you have to cancel or reschedule your procedure; not doing so will result in a fee from the office and surgery center. Thank you.