

COLON AND RECTAL SURGERY, LTD.

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Hospital: _____ Date: _____ @ _____ Arrival Time: _____

Preparation For Colonoscopy With OsmoPrep

PLEASE READ CAREFULLY

Do not exceed recommended dosage as serious side effects may occur. If you have any questions, please call our office.

- Continue to take all your usual medications, **ESPECIALLY** those **FOR HIGH BLOOD PRESSURE**, even on the day of your exam.
- **STOP** taking **ASPIRIN, PLAVIX** or **PERSANTINE 10 DAYS PRIOR** to your procedure.
- **STOP** taking **COUMADIN 3 DAYS PRIOR** to your procedure.

On the day prior to your exam: _____

DRINK ONLY CLEAR LIQUIDS. No milk or non-dairy creamer. **NO SOLID FOODS ALLOWED.** You may have clear liquids with the exception of anything with **RED** or **PURPLE** coloring. Clear liquids include: soft drinks, Gatorade, Kool-Aid, fruit juices without pulp, water, lemonade, tea, iced tea, coffee (black), chicken or beef broth/bouillon, Jell-O (without fruit), hard candy and water ice. Do not drink alcoholic beverages.

If you are currently taking daily medications, please continue to do so with the exception of aspirin and blood thinning medications.

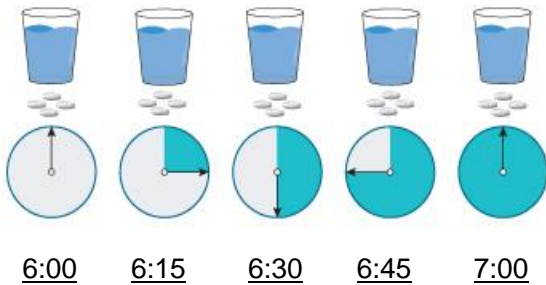
WHAT TO DO THE DAY BEFORE YOUR COLONOSCOPY THIS PREP IS A SPLIT REGIMEN – 2 SEPARATE DOSES

You must stay on a clear liquid diet all day!

Beginning at 6 PM _____ (evening before Colonoscopy)

First Regimen

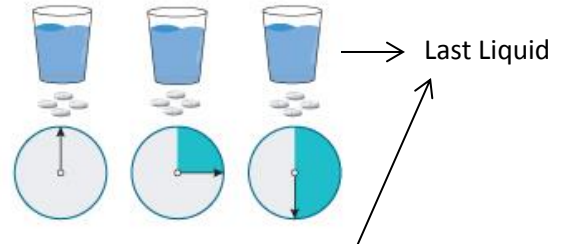
One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets)



Beginning at _____

Second Regimen

One dose (4 tablets with 8 oz of WATER) every 15 minutes a total of 3 doses (12 tablets)



THE PREP AND WATER WILL BE THE ONLY FLUID YOU WILL DRINK THE MORNING OF THE PROCEDURE

You must complete the entire prep to ensure the most effective cleansing.

Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before and during the preparation.

••• After you finish the morning doses (12 tablets with 3 glasses of WATER), DO NOT EAT OR DRINK ANYTHING WITHIN THE 4 HOURS IMMEDIATELY BEFORE YOUR EXAM. IF YOU TAKE ANYTHING BY MOUTH, EXCEPT ALLOWED MEDICATIONS, WITHIN THE 4 HOURS BEFORE YOUR EXAM, YOUR COLONOSCOPY WILL BE DELAYED OR CANCELLED. THIS IS FOR YOUR SAFETY.•••

Important Reminders:

- Be sure to talk with your Dr. or nurse about other medications you are currently using. It may be necessary to modify your usage for you exam.
- Bring a driver. You will be sedated for your procedure and unable to drive yourself home.
- Please call your Dr.'s office if you have any questions or concerns.