

Colonoscopy Instructions: Osmo

| Time | Instructions | |
|-------------------------------|--|--|
| <u>7 Days Before</u> | <ul style="list-style-type: none"> • Stop all fiber supplements & medications containing iron, including multivitamins and Omega 3 • Stop taking Motrin, Advil & Aleve; decrease Aspirin to 81mg daily • Be sure to drink 6-8 cups (8oz) of water each day leading up to your procedure • Be sure to have someone ready to pick you up after the procedure • Make sure you have your preparation medication (32 <u>OsmoPrep</u> tablets) | |
| <u>3 Days Before</u> | <u>Avoid High Fiber Foods including:</u> <ul style="list-style-type: none"> • Raw Fruits & Vegetables • Whole Wheat Bread/ Crackers • Seeds • Nuts • Popcorn, Bran • Quinoa • Corn | <u>Begin a Low Fiber Diet such as:</u> <ul style="list-style-type: none"> • White Bread & Rice • Eggs • White Meat (Turkey, Chicken) • Fish • Cheese • Yogurt • Milk • Cooked Vegetables |
| <u>24 Hours Before</u> | <ul style="list-style-type: none"> • <u>NO</u> solid foods, <u>only</u> clear liquids including: <ul style="list-style-type: none"> • Water • Apple, White Grape, & White Cranberry juices without pulp • Clear soup Broth • Tea or Coffee (No milk, cream) • Gatorade / Powerade (<u>NO</u> red, orange, or purple colors) • Jell-O (<u>NO</u> red, orange, or purple colors) • Popsicles or Sorbet (<u>NO</u> red, orange, or purple colors) • No Alcohol | |

| <u>Important</u> | |
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| If you are taking any of these medications, please contact your medical specialist (i.e., Cardiologist) and inform your gastroenterologist if you will be staying on these medications ASAP. | <ul style="list-style-type: none"> • Heparin, Lovenox, Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Dabigatran (Pradaxa), Bivalirudin (Angiomax), Argatroban (Argatra, Novastan, Arganova, Exembol), Brilinta (Ticagrelor) and Desirudin (Iprivask, Revasc). |
| If you are diabetic | <ul style="list-style-type: none"> • Contact your Primary care doctor right away for instructions regarding your medications |
| If you are taking blood pressure medication | <ul style="list-style-type: none"> • <u>DO NOT</u> skip your blood pressure medication including the day before and day of your procedure |
| Please arrive at least 1 hour prior to your appointment time | |
| Female patients of childbearing age will be required to submit a urine sample for a pregnancy test upon arrival | |



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|----------------------------|---------------------------|---------------|-----------------|------------------|-------------------|
| 311 E 79 th St. | 16 E 52 nd St. | 68 E 86th St. | 1150 Fifth Ave. | 300 Cadman Plaza | 620 Columbus Ave. |
| 212-996-6633 | 212-826-3903 | 212-535-1845 | 212-369-2490 | 718-280-0020 | 212-721-2600 |

Preparation Instructions: Osmo

| Time | Instructions |
|--|--|
| <u>24 Hours Before</u> | <ul style="list-style-type: none"> • <u>Drink at least 8 cups (64oz) of clear liquids throughout the day</u> • NO solid foods, only clear liquids including: <ul style="list-style-type: none"> • Water • Apple, White Grape, & White Cranberry juices without pulp • Clear soup Broth • Tea or Coffee (No milk, cream) • Gatorade / Powerade (NO red, orange, or purple colors) • Jell-O (NO red, orange, or purple colors) • Popsicles or Sorbet (NO red, orange, or purple colors) • No Alcohol |
| <u>Dose #1</u> Taken at 6pm | <ul style="list-style-type: none"> • At 6pm the night before your procedure, take 4 OsmoPrep tablets with a cup (8oz) of water • Repeat this four more times every 15 minutes (6:15, 6:30, 6:45, 7) for a total of 20 tablets. <ul style="list-style-type: none"> • You should have 12 tablets left |
| <u>Dose #2</u> Taken 4 hours prior to procedure time | <ul style="list-style-type: none"> • Four hours before your procedure, take 4 OsmoPrep tablets with a cup (8oz) of water • Repeat this two more times every 15 minutes for a total of 12 tablets. |
| <u>3 Hours before</u> | <ul style="list-style-type: none"> • Nothing to eat or drink (other than essential medications) 3 hours before procedure |

Important

If you experience nausea, bloating or vomiting, try drinking the solution more slowly or cooling the liquid on ice.

Note: Individual responses to laxatives do vary; this prep may cause multiple bowel movements. This prep often works within 30 minutes, but it may take as long as 4-6 hours.

Someone must accompany you and take you home after the procedure. Do not drive for 8 hours after your procedure.

If you have any questions, please feel free to call your doctor's office. Our phone numbers are listed above, and we will be happy to help you.

Please notify our office as soon as possible if you need to cancel your procedure. You will be charged a cancellation fee of \$250.00 if the procedure is not cancelled at least 48hrs before your scheduled procedure time.