

Patient Name:

GASTROENTEROLOGY ASSOCIATES OF TIDEWATER

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OSMOPREP PREPARATION FOR COLONOSCOPY

Your **colonoscopy** is scheduled for _____ at _____ AM/PM

At Chesapeake Hospital DePaul Hospital Chesapeake Office Virginia Beach Office

- ◆ All regularly used medication such as Digoxin should be continued.
- ◆ **ONE WEEK PRIOR TO THE PROCEDURE:** Stop blood thinners like coumadin or plavix if authorized by physician.
- ◆ Make sure you have someone to accompany you and drive you home from your procedure.

Physician Options

Drink a bottle of Citrate of Magnesia on _____.

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY:

- ◆ Fill prescription for OSMOPREP tablets.

The day before the examination on _____

1. Drink only clear liquids all day.

Clear Liquid Diet:

Water	Hard candy (Lifesavers),	Popsicles (no red)
Clear fruit juice (apple, white grape, cranberry)	Jell-O (all flavors except red)	Gatorade (no red)
Bouillon or fat-free broth	Black coffee or tea, sugar or sweetener	Italian Ice
	Any soda (Coke, Pepsi, etc.)	Boost or Ensure (<u>fiber-free</u>)

NO MILK – NO MILK PRODUCTS – NO SOLID FOODS- NO ARTIFICIAL RED DYE

2. At _____ AM/PM, take **four OSMOPREP** tables with at least 8 ounces of clear liquid. Repeat this every 15 minutes, for a total of 20 tablets. **Do not exceed 20 tablets.**
3. Drink at least three 8-ounce portions of clear liquids before retiring – more if needed.

The day of the examination on _____

4. At _____ AM/PM, take **four OSMOPREP** tablets with at least 8 ounces of clear liquids. Repeat every 15 minutes with remaining 8 tablets, for a total of 2 doses. **Do not exceed 8 tablets.**
5. Please report to the location on time at _____ AM/PM. Take your usual morning meds, except blood thinners and diabetic meds. **YOU ARE REQUIRED TO HAVE AN ADULT ACCOMPANY YOU AND TO TAKE RESPONSIBILITY FOR YOUR CARE AFTER THE PROCEDURE, OTHERWISE YOUR PROCEDURE MAY BE CANCELLED.**

IF YOU HAVE QUESTIONS PLEASE CONTACT OUR OFFICE AT 547-0798. For more information see our website: www.gatgi.com under Procedures.

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