# University of Maryland Medical Center Division of Gastroenterology 22 S. Greene Street Baltimore, MD 21201 GI Endoscopy Lab, North Hospital, Room N3W159 Or GI Endoscopy Lab, North Hospital, 7<sup>th</sup> floor

## **OsmoPrep Colonoscopy Preparation Instructions**

A colonoscopy allows examination of the lining of the entire lower bowel for abnormalities using a	lighted
flexible tube called a colonoscope. Your colonoscopy is scheduled for	_ at
Please report to the GI Endoscopy Lab on the 3 <sup>rd</sup> or 7 <sup>th</sup> floor of the University of I	Maryland
Medical Center. Please bring all insurance cards, referrals and co-pays, if applicable. Please arrive one he	our before
your scheduled procedure.	

#### **Instructions for Colonoscopy Preparation:**

Your colon must be completely empty for the colonoscopy to be accurate and complete. This sheet provides instructions for your colonoscopy preparation. If after reading these instructions you have any questions or concerns regarding your scheduled procedure and/or instructions, please call the gastroenterology division at (410) 328-5780.

#### **Prior to the Exam:**

- 1. Purchase the Osmoprep at any pharmacy. A prescription is needed.
- 2. Stop iron 5 days prior to your scheduled colonoscopy.
- 3. If you take insulin, coumadin, blood pressure or heart medications contact your primary care provider about whether or not you should take them before the procedure.

#### The Day before the Exam:

- 1. You may have a light breakfast (1 piece of bread with coffee or juice). **AFTER BREAKFAST YOU MAY HAVE CLEAR LIQUIDS ONLY FOR THE REST OF THE DAY.** Clear liquids include:
  - a. Clear broth or bullion (no vegetables, meat, or noodles)
  - b. Strained fruit juices without pulp (apple, white grape, lemonade)
  - c. Water, plain coffee or tea, Gatorade, Kool-Aid
  - d. Soft drinks such as 7-Up, Sprite, or Ginger Ale
  - e. Jell-O (plain without added fruit, no red or purple Jell-O)
  - f. Ice Popsicles or Italian ice (without fruit)
- 2. If your colonoscopy is scheduled **before** 9:00AM, take the first dosing regimen at 4:00PM and the second dosing regimen at 9 PM. If your colonoscopy is scheduled for **after** 9:00AM, take the first dosing regimen at 6:00PM the day before the exam, and the second dosing regimen of Osmoprep 4 hours before the procedure. It is <u>imperative</u> that you drink all of the liquids as directed below to avoid dehydration, and the possible cancellation of your procedure. After your evening regimen(s) continue to drink clear liquids until bedtime, but not after midnight.

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### **OsmoPrep Colonoscopy Preparation Instructions**

First dosing regimen



4 Tablets









Take 4 tablets with 8 oz of clear liquid every 15 minutes

= 20 tablets over 1 hour

+ 4 Tablets **Second Dosing regimen** 







4 Tablets + 4 Tablets + 4 Tablets Take 4 tablets with 8 oz. of clear liquid every 15 minutes

= 12 tablets over 30 minutes

3. PLEASE DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

#### **Exam Day:**

- 1. Take your regular medications with a sip of water unless instructed otherwise by your doctor.
- 2. You must bring an adult with you because you will be given medication to help you relax. This medication will make you drowsy, and you will need someone to take you home. The procedure will be cancelled if an adult is not available to accompany you home.