

### COLONOSCOPY (Osmo- Prep)

#### **WHAT IS THE PROCEDURE?**

You are scheduled for a procedure called a colonoscopy. During this procedure, after being sedated, IV you will lie on your left side and a flexible tube with a light and camera at the end of it will be inserted into your rectum and colon. This will allow the doctor to see the inside of your colon in order to look for any polyps or abnormal growths. Cancer of the colon is commonly found in this country and this procedure helps find cancer in its early stages. A biopsy (a small piece of tissue) may be taken from the colon, but you will not feel this. If you have colon polyps (small growths), they will be removed. You will be at your facility for a total of 2-3 hours; the procedure itself takes only 30 minutes. The alternative to this procedure is a barium enema (x-ray) and/or sigmoidoscopy (a shorter flexible tube with a camera).

#### **HOW SHOULD I GET READY FOR THIS PROCEDURE?**

1. Please fill the prescription for Osmo Prep from the drug store.
2. Since a biopsy or polyp removal may be performed, please stop blood thinners as listed below: stop arthritis medications (NSAIDs-Ibuprofen, Motrin, Advil, Naproxen, Celebrex or Vioxx, etc.), aspirin & aspirin containing medication (unless directed by a physician) **five (5) days** before the procedure. Stop Coumadin or Plavix **five (5) days** before the procedure. Stop Heparin, Lovenox or Fragmin for **24 hours** as well as herbs/vitamins that may have blood thinning qualities such as St. John Wort, Gingko Biloba & Vitamin E.

\*Please consult your physician if you have any questions about the medications you are taking.

3. **Diabetics -- DO NOT** take diabetic pills or insulin on the morning of your appointment. Bring your insulin and food; you may take them after the procedure is completed.
4. Be sure to tell the doctor and the nurse if you have a heart murmur or an artificial valve.
5. **Do not eat nuts, corn or any food with seeds** (sunflower seeds, strawberries, kiwis, cucumbers, pickles, watermelons, etc.) for at least **5 days** before the procedure.

#### **WHAT ARE THE POSSIBLE RISKS ASSOCIATED WITH THIS PROCEDURE?**

The risks associated with this test are very low and includes bleeding, infection, perforation (making a tear) and drug reactions since you will be sedated (made very sleepy) for the procedure. However, the chance of this occurring is less than 1%.

#### **READ THESE INSTRUCTIONS CAREFULLY! FAILURE TO COMPLY WITH ANY PORTION MAY RESULT IN RESCHEDULING OF YOUR EXAM.**

In order to make an accurate diagnosis, it is very important that your colon is absolutely clean

#### **COLONOSCOPY PREPARATION (Osmo- Prep)**

PLEASE READ THESE INSTRUCTIONS CAREFULLY!

In order to make an accurate diagnosis, it is very important that your colon is absolutely clean. You must go on a clear liquid diet the day before the procedure.

#### **1. THE DAY BEFORE THE EXAMINATION:**

- a) Start on the clear liquid diet. You may have orange, apple, or other strained juice, Gatorade (not red), grape juice, tea, clear soup broth, coffee, soda pop, or jello without fruit. For breakfast you may have 2 scrambled

eggs, yogurt or juices. For lunch you may have 1 boiled egg, plain top Ramen noodles or chicken broth. **NO FIBER. DO NOT USE** red jello, grapefruit or cranberry juices. You may suck on hard candy if you wish.

- b) You may drink all the water you like. Drink at least one 8 oz. portion of clear liquid before retiring....more if desired. Drink enough water until the stool is yellow without brown residue.
- c) At 5:00 p.m., take the 1st 4 OsmoPrep tablets. Then take 4 OsmoPrep tablets every 15 minutes with at least 8 oz (1 glass) of clear liquids until you have taken all 20 tablets. You must drink 8 oz (1 glass) of water for every 4 tablets. Do NOT exceed 20 tablets.
- e) TAKE NONE OF THE FOOD LISTED ABOVE BY MOUTH AFTER MIDNIGHT.
- f) In order to decrease the irritation to your anal region, you may apply petroleum jelly to the area prior to drinking the solution.

#### **THE DAY OF THE EXAMINATION:**

- a. Begin the 2nd dosing regimen 3-4 hours before your scheduled procedure time. Take 4 OsmoPrep tablets every 15 minutes with 8 oz (1 glass) of clear liquids. Do not exceed 12 tablets.
- b. . Please take your blood pressure, heart, asthma or anti-seizure medications as scheduled in the morning. You may use your asthma inhaler the morning of the procedure.
- c. Again, you may drink more water until the stool is yellow without brown residue.
- d. You may continue to have clear liquids up to 2 hours before the procedure

#### **CAN I GO HOME AFTER THE TEST?**

- 1. You may be sleepy from the medicine after the test, so someone will have to drive you home. YOU MAY NOT DRIVE. NO BUSES or CABS ARE ALLOWED.
- 2. Someone needs to take care of you 3-4 hours after the procedure.
- 3. You will be at the surgery center or hospital approximately 1 hour after the test.
- 4. After the procedure, it is normal to feel gassy, bloated or to have mild stomach cramps. This may be relieved by walking around and/or expelling the gas. This should go away after several hours.