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[www.digestivecarecenter.com](http://www.digestivecarecenter.com)

## COLONOSCOPY

### OSMOPREP PREPARATION INSTRUCTIONS

**Patient's Name:** \_\_\_\_\_

**Procedure Location:** **Digestive Care Medical Center**  
1000A Laurel Street, San Carlos, CA (650) 596-8118

**Date and Time of Procedure:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

**Purpose of Procedure:** To evaluate the colon with a flexible instrument.

#### Preparation:

- Obtain the prescribed OsmoPrep laxative **and** four 5mg Dulcolax tablets from a pharmacy. Also obtain Tucks medicated wipes if you wish to minimize irritation from wiping.
- **Five Days Before:** Stop taking any iron, aspirin, Coumadin, Lovenox, Plavix, or NSAIDs (e.g. ibuprofen, Motrin, Advil, Nuprin, Aleve, Naprosyn, etc.). Tylenol, Celebrex, and Mobic are O.K. to take as directed. Stop taking any Olestra containing products (e.g. Frito-Lay's WOW chips, Pringle fat-free chips).
- **One Day Before:**
  1. Drink **only clear liquids the entire day** (black coffee, tea, soda, water, apple juice, cranberry juice, grape juice, Gatorade, clear broth, popsicles, and jello. No red jello. No alcohol. No solid food).
  2. At 4pm take 2 Dulcolax tablets by mouth. At 5 pm take 4 OsmoPrep tablets by mouth with 8 ounces of clear liquid every 15 minutes until you have taken 20 tablets. Once completed take 2 Dulcolax tablets by mouth. (Note that responses to laxatives vary; it may take anywhere from 30 minutes to 4 hours to cause diarrhea).
  3. **Please note that there have been rare cases of kidney failure with this preparation.**
- **Day of Procedure:**
  1. Starting 4-6 hours before procedure take 4 OsmoPrep tablets every 15 minutes with 8 ounces of clear liquid until you have taken 12 tablets.
  2. Nothing to drink for 2 hours prior to the exam. You may take any necessary medications with sips of water on the day of the exam.

#### Please note:

- If you are diabetic or take blood thinners check with your doctor about specific instructions.

- Arrange for someone to drive you home (not taxi or bus) and be prepared to be at the endoscopy center for 90 minutes. **You will not be able to drive for the remainder of the day of your procedure.**
- Please call the Center at (650) 596-8118 or the Office at (650) 596-8800 for any questions about the preparation or procedure. Please call 596-8800 **at least** one week prior to exam if you must cancel. There is a \$300 charge for procedures cancelled within one week of scheduled date.
- The above procedure may result in a bill from our office, the Digestive Care Medical Center, and from a pathologist. All three of these providers may not be in your insurance company network.

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