

**DEPARTMENT OF GASTROENTEROLOGY**

Appointment with Dr. \_\_\_\_\_ Date \_\_\_\_\_  
Time \_\_\_\_\_ Arrive at \_\_\_\_\_

**PREPARATION FOR COLONOSCOPY USING:  
Osmo-Prep Tablets**

Do these things **7 DAYS BEFORE** the procedure:

1. Arrange an escort. You will receive sedation during the procedure, and will not be allowed to drive or take public transportation home unaccompanied. **You must be escorted by a responsible adult or your procedure will be cancelled.** There is no exception to this rule. You may expect the entire visit to take approximately 3 hours.
2. If you have a managed care insurance plan, contact them to ensure your procedure is covered
3. **If you are on Iron or Aspirin, discontinue it.** Continue all of your other medications. **IF YOU ARE ON COUMADIN OR ANY OTHER BLOOD THINNER, CALL YOUR DOCTOR FOR SPECIAL INSTRUCTIONS.**
4. Obtain the preparation solution with the prescription from your doctor.

Do these things **3 DAYS BEFORE** the procedure:

Stop taking Ibuprofen (Advil, etc), Naproxyn (Aleve, etc) or other arthritis medications. You May continue taking Tylenol (acetaminophen).

Do these things **2 DAYS BEFORE** the procedure:

1. **Confirm your escort.**
2. **Drink at least 8 glasses of water and/or Gatorade throughout the day.**
3. **Take 2 Dulcolax Laxative tablets at 6:00 PM.**

Do these things **1 DAY BEFORE** the procedure:

1. Start a strict **CLEAR LIQUID** diet. You may have any clear liquid, including Jell-O, as long as it is not red, orange or purple
2. At **12:00 Noon**, begin taking **4 Osmo-Prep** tablets with at least 8 ounces of clear liquid, preferably Ginger Ale, **every 15 minutes** for a **total of 20 tablets (5 doses).**
3. At **6:00 PM**, begin taking **4 Osmo-Prep** tablets with at least 8 ounces of clear liquid, preferably Ginger Ale, **every 15 minutes for a total of 12 tablets.** Continue taking clear liquids up until midnight. **You may not have anything to eat or drink after midnight.**

On the **DAY OF** the procedure:

You may take your regular medications with a sip of water. If you are a diabetic on insulin, take one half your usual dose of NPH insulin only; no regular insulin. If you are on oral diabetes medications, **DO NOT** take them before the procedure.

Arrive at the medical center (with your escort) 45 minutes early and proceed to Central Registration in the main lobby, then take the elevator to 14 North, Endoscopy. You may Use the reception phone to inform the staff of your arrival.

**IF YOU MUST CANCEL, CALL 631-444-1768 AS SOON AS POSSIBLE**