



Birns, Gloger, Witten, Bhinder & Strongin, MD

Patient Name: _____

INSTRUCTIONS FOR COLONOSCOPY OSMO PREP

Date: _____ Time of Procedure: _____

Arrival Time: _____ with Dr. _____

Location: _____ **Urbana GI Endoscopy Center** – 3280 Urbana Pike #104
Ijamsville, MD 21754
Phone Number 240-436-6440

_____ **GIEA**- 15005 Shady Grove Rd # 200,
Rockville, MD 20850
Phone Number 301-340-8099

_____ **Shady Grove Adventist Hospital, Outpatient Surgery Center**
9901 Medical Center Dr, Rockville, MD 20850
Phone Number 240-826-7541

You must have someone drive you home. If you plan to take a taxi home, you must have someone accompany you. You will be ready to be discharged ½ to 1 hour after your procedure is complete.

You will receive a pre-op call prior to your procedure. If you do not, please call the office/center and make them aware.

Please leave all valuables and jewelry at home and avoid wearing perfume/cologne or lotions.

Please remember we require 72 hours' notice for cancellations or rescheduled appointments. If you fail to give 72 hours' notice you may be charged a cancellation

ONE WEEK BEFORE THE PROCEDURE

You may take Tylenol as needed.

There are some medications to be held prior to your procedure.

- **Aspirin or Aspirin products** (including Excedrin) should be held for 1 week prior to the procedure. If prescribed by a physician, consult with that doctor first about your ability to safely hold these medications.
- **NSAIDS (Nonsteroidal Anti-Inflammatory Drugs)** such as Advil, Motrin, Aleve, etc. should be held for 3 days prior to your procedure.
- **Prescribed NSAIDS** (Voltaren, Relafen, Celebrex, Indocin, etc) should be discussed with your prescribing physician to see if you can safely hold for 3 days prior to your procedure.
- **Blood Thinners** (Coumadin, Plavix, Persantine, Pradaxa, Xarelto, Aggrenox, etc.) should be discussed with your prescribing physician to see if they can be safely held and an appropriate time to stop them.

- All diabetic patients taking **insulin/oral hypoglycemic medications** should contact your prescribing physician regarding holding these medications prior to your procedure.

You need to purchase the following products to take the day before the procedure:

- Osmo prep–(prescription)
- 8 – 5 mg Dulcolax laxative tablets (over the counter)
- 16 fl oz. of carbonated beverage (ginger ale, sparkling water)
- 64 fl oz. of clear liquid (see list below for suggested clear liquids)

5 DAYS PRIOR TO THE PROCEDURE

Stop eating high fiber foods and fiber supplements (including nuts, corn, popcorn, raw fruits, vegetables and bran) Cooked fruits and vegetables are acceptable.

DAY BEFORE THE PROCEDURE

You must be on a **clear liquid diet** the entire day before your procedure (**no solid foods**)

DO NOT drink milk, milkshakes or breakfast shakes

DO NOT drink alcoholic beverages

Any of the following clear liquids are OK

Water

Strained fruit juices (without pulp) including apple, white grape, or white cranberry

Limeade or Lemonade

Coffee or tea (DO NOT use any dairy or non-dairy creamer)

Clear broth (beef, chicken, or vegetable) with or without salt or pepper

Gatorade, PowerAde, or Vitamin Water type products

Crystal Light

This is the laxative dosing regimen you must follow day before the procedure.

4:30 pm	Take 4 Dulcolax laxative tablets
5:00pm	4 Osmo Prep tablets with 8 oz of clear liquid
5:15pm	4 Osmo Prep tablets with 8 oz of clear liquid
5:30pm	4 Osmo Prep tablets with 8 oz of clear liquid
5:45pm	4 Osmo Prep tablets with 8 oz of clear liquid
6:00pm	4 Osmo Prep tablets with 8 oz of clear liquid
6:15pm	8 oz of carbonated beverage
-----	Take a break between doses
9:30pm	4 Osmo Prep tablets with 8 oz of clear liquid
9:45pm	4 Osmo Prep tablets with 8 oz of clear liquid
10:00pm	8 oz of carbonated beverage
10:15pm	Take 4 Dulcolax laxative tablets

The purpose of this prep is to clean your colon. Your bowels should run clear.

*We recommend coating the rectal area with **VASELINE** to protect the skin from chaffing while prepping. *****You must be totally fasting 4 hours before the procedure. This means you may have nothing to eat, drink, smoke, or chew 4 hours prior to the procedure.**

If any problems or questions arise, please call our office at 301-251-1244 or 301-810-5252 during normal business hours.

