

OsmoPrep®

Instructions for Colonoscopy Prep

****READ INSTRUCTIONS CAREFULLY - AT LEAST 5 DAYS PRIOR TO PROCEDURE****
DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR

Your physician will provide you with a prescription and you will need to obtain your OsmoPrep® from your pharmacy.

NOTE: Individual responses to laxatives do vary. This prep should cause multiple bowel movements. It often works within 30 minutes but may take up to 3 hours. **Please remain within easy reach of a toilet.**

MANUFACTURER'S INSTRUCTIONS MAY DIFFER, PLEASE FOLLOW THE INSTRUCTIONS BELOW.

Multiple bowel movements may irritate the anal area, clean thoroughly after each bowel movement to reduce irritation. A diaper rash ointment may be used, if desired. However, do not wear ointment to appointment.

****Blood thinners - contact Kayla, at physician's office, if you take prescription blood thinners at home.**

Discontinue any fiber supplements (Metamucil, Citrucel, Fibercon, etc.) at least five (5) days prior to your procedure. If you take Alli, or eat foods containing Olestra, please stop until after your procedure.

DAY BEFORE COLONOSCOPY - clear liquids only

1) Drink only "clear liquids" for breakfast, lunch and dinner. **NO Solid food, milk or milk products!**

Consume at least 2 liters of any of the following:

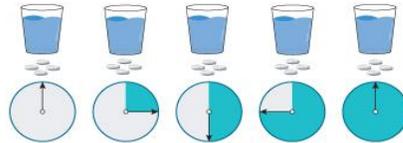
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|---|-------------------------------------|
| → Slush, Icee, popsicle (no red colors) | → Water |
| → Clear broth, bouillon or clear soup (no noodles) | → Coffee, tea (no creamer or milk) |
| → Gatorade, Kool-Aid, other fruit flavored drinks (no reds) | → Carbonated & non-carbonated sodas |
| → Strained fruit juices without pulp (apple, white grape, lemonade) | → <u>Clear</u> Ensure |
| → Plain Jello (no reds) without fruit or toppings | → Ice |

2) **Take usual medications. Follow physicians instructions regarding blood thinners.**

3) At **7:00 PM** the night before your colonoscopy, begin taking your laxative as follows:

- Take 4 OsmoPrep tablets followed with 12 oz. clear liquid of your choice (drink, do not sip), 15 minutes later take an additional 4 tablets followed by 12 oz. of clear liquid. Repeat this sequence until you have taken 20 tablets. This should take approximately 1 hour and 15 minutes.

(4 OsmoPrep tablets followed by 12 oz. clear liquid every 15 minutes until 20 tablets have been taken)

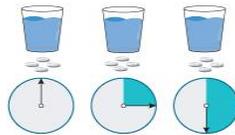


4) Please stay close to the toilet facilities.

DAY OF EXAMINATION - clear liquids only

1) **4 HOURS BEFORE** leaving for your appointment....Begin taking the remaining OsmoPrep tablets as follows:

- Take 4 OsmoPrep tablets with 12 oz. of any clear fluids every 15 minutes.
→ Repeat this until all 12 remaining tablets are taken (this should take about 45 minutes).



2) After you have taken the remaining 12 tablets, **DO NOT DRINK ANYTHING ELSE PRIOR TO YOUR PROCEDURE.**

3) Stay close to the toilet facilities.

4) **Take heart and blood pressure medicines as normal. Do NOT take diuretics. Consult with prescribing physician about diabetic medications. Follow physicians directions regarding blood thinners.**

5) Arrive on time for your colonoscopy.

NOTE: The laxative prep is intended to evacuate your colon. Ideally your bowel movements, prior to leaving for your procedure, should be clear. You should be able to see the bottom of the toilet. Mucous, sediment and color tint are normal. If your bowel movements are dark or have substance, please give yourself one or two Fleets enema or call office for additional instructions.