

TRI-CITIES DIGESTIVE HEALTH CENTER, P.S.
8819 W. Victoria Ave. Kennewick, WA 99336 509 460-5500**NOTE: This prep requires a prescription.
Please call the office to send a prescription to the pharmacy of your choice**

PREPARATION FOR COLONOSCOPY – OSMOPREP METHOD

PLEASE READ THESE INSTRUCTIONS AT LEAST 7 DAYS PRIOR TO EXAM.

Colonoscopy is a detailed internal visual examination of the entire colon using a flexible scope. A sedative will be given to reduce the discomfort and pressure usually experienced with this exam. **YOU WILL NOT BE ABLE TO DRIVE FOR THE REMAINDER OF THE DAY. It is REQUIRED that you have someone to drive you home. It is also REQUIRED that your driver check in with you when you come for your procedure, and stay in our office while you are here for your procedure.** Plan on being here for 1 to 1 1/2 hours.

Do not plan any out of town trips for one week after your colonoscopy. If the doctor finds polyps, he may remove them (polypectomy). It is important to remain close to home in the event of side effects or complications from this, such as bleeding.

NOTE: Individual responses to laxatives vary, but this prep will cause multiple bowel movements. It may work within 30 minutes, or take as long as 4 hours before the diarrhea starts. Please remain close to toilet facilities.

SEVEN DAYS BEFORE COLONOSCOPY: Date _____

Discuss any medications that you are currently taking with the nurse.

STOP MEDICATIONS CONTAINING ASPIRIN OR ANY OTHER BLOOD THINNERS INCLUDING PLAVIX FOR 7 DAYS PRIOR TO THE COLONOSCOPY. STOP COUMADIN FOR 5 DAYS PRIOR TO THE COLONOSCOPY.

TWO DAYS BEFORE COLONOSCOPY: Date _____

Clear liquid diet starting at 4:00 pm. Clear liquids include: Jell-O, soft drinks, broth, coffee, tea, clear fruit juice (pulp free), Gatorade and popsicles. No solid foods, milk or milk products allowed. PLEASE DO NOT HAVE ANY RED LIQUID OR RED JELLO, as these may be mistaken for blood by your physician.

ONE DAY BEFORE COLONOSCOPY: Date _____

Remain on clear liquids only the entire day with no restriction on the amount of liquid taken in. Be sure to drink plenty of fluids to avoid dehydration.

Starting at 5:00 pm the evening before your procedure, take 4 OsmoPrep tablets every 15 minutes with at least 8 ounces of any clear liquid until 20 tablets have been consumed. Remain close to toilet facilities.

EXAM DAY:

Starting 4 hours before your procedure, at _____ am, take 4 OsmoPrep tablets every 15 minutes with at least 8 ounces of any clear liquid until the remaining 12 tablets have been consumed. Remain close to toilet facilities.

You may not have anything else to eat or drink after midnight the night prior to the colonoscopy. You may take necessary medications with a sip of water no later than 3 hours prior to the procedure.

APPOINTMENT DATE _____ ARRIVAL TIME*: _____

*Please note: Your appointment time indicates the time you need to be at the office for preparation. It does not indicate the time the procedure will start.

YOU WILL RECEIVE CONSCIOUS SEDATION DURING YOUR COLONOSCOPY. IT WILL NOT BE SAFE, OR LEGAL, FOR YOU TO DRIVE FOR THE REMAINDER OF THE DAY. IT IS REQUIRED THAT YOU HAVE SOMEONE TO DRIVE YOU HOME. IF YOU DO NOT HAVE A DRIVER WITH YOU WHEN YOU COME FOR YOUR PROCEDURE, WE WILL CANCEL YOUR PROCEDURE.

IF YOU ARE UNABLE TO KEEP THIS APPOINTMENT, PLEASE GIVE OUR OFFICE 48 HOURS ADVANCE NOTICE TO ALLOW FOR SOMEONE ELSE, WHO MAY BE WAITING AND IN NEED OF A PROCEDURE, TIME TO USE THIS ALLOTTED APPOINTMENT SLOT. THANK YOU.