

Your Procedure is scheduled at:

- Mid-Atlantic EndoCenter, 4923 Ogletown-Stanton Road, Suite 100, Newark, DE 19713, (302) 993-0310.
- Glasgow Medical Center, 2nd Floor, 2600 Glasgow Avenue, Newark, Delaware 19702-4777, (302) 836-8350
- Christiana Hospital GI Lab, Station 5, 4755 Ogletown Stanton Rd, Newark, 19718 (302) 733-1400
- Wilmington Hospital GI Lab, 7th floor, Wilmington Hospital, 501 W 14th St # 5225, WilmingtonDE 19801, (302)-428-2817

OSMOPREP PREPARATION

- Take this prep only if instructed.
- Remember to drink plenty of fluids.
- Read **General Guidelines** page.
- **Procedures are not performed at our office.** Please come to Mid-Atlantic Endoscopy Center (or other scheduled location) for your procedures.
- **Remember to stop aspirin or other nsaid's one-week prior to your test.**
- Tylenol and other brands, which contain acetaminophen, are safe to use prior to this procedure.
- **Remember to have clear liquids the entire day before the test.**
- This prep often works within 30 minutes but may take as long as three (3) hours. Remain close to toilet facilities as multiple bowel movements may occur.

HELPFUL TIPS:

- Use baby wipes instead of toilet paper.
- Have some Vaseline or Desitin handy incase of a sore bottom!
- Abdominal bloating and cramping also with nausea and vomiting may occur. This is usually temporary, and as you start to move your bowels, the symptoms should resolve.

THE PREP:

Purchase at the Pharmacy/Grocery Store

- OSMOPREP Tablets (You will be given a Prescription.)



Start 4:00 PM

1. Take 4 (four) tablets of OSMOPREP every 15 minutes with 8 oz of water or clear liquid (It is very important to take fluids as suggested to prevent dehydration and injury to kidney). Continue until you have taken a total of 20 tablets.

AT 9:00 PM

2. Take 4 (four) tables of OSMOPREP every 15 minutes with 8 oz of water or clear liquid for a total of 12 tablets. (It is very important to take fluids as suggested to prevent dehydration and injury to kidney).

NOTHING TO EAT OR DRINK AFTER MIDNIGHT (INCLUDING CHEWING GUM AND CANDY)!

Good luck! This is the hardest part of the procedure!

GENERAL GUIDELINES

A Colonoscopy is a test that examines the inside of your large intestines or the colon. The most common reason for a colonoscopy is to look for colon polyps or colon cancer. Before a colonoscopy can be performed, you must take medications for a complete Bowel Cleansing. Your colon must be completely empty for the colonoscopy to be thorough and safe. While a colonoscopy is generally safe, risks include bleeding, perforation (puncture in the bowel of the colon), and risk of sedation. A colonoscopy is the best method (95%) to find and remove polyps.

Our doctors and staff will instruct you on which preparation to take. The prep you receive depends on your medical condition as well as which medications you are on.

Please inform us before you schedule the procedure if you have any of the following:

- Have an internal defibrillator
- Latex allergy
- Take coumadin or plavix
- Take antibiotics for dental procedures
- Are on home oxygen

If you are diabetic:

- Hold your diabetic medication the morning of the test.
- If you take insulin, take $\frac{1}{2}$ **dose** the night before and $\frac{1}{2}$ **dose** in the morning of the test.

Stop these medications one week prior to your test:

- Aspirin, bufferin, ecotrin, alleve, naprosyn, motrin, ibuprofen, sulindac or any other nonsteroidal (nsaid).
- Plavix
- Coumadin (check with your cardiologist).
- All iron containing medications.

REMEMBER

- **YOU MUST HAVE A RIDE AFTER THE PROCEDURE!** A responsible adult must come pick you up. Going in a taxi or bus by yourself will not be allowed.
- **DO NOT EAT OR DRINK ANYTHING THE DAY OF THE TEST!** This includes any gum or candy. Your procedure will be cancelled otherwise.
- **HAVE A CLEAR LIQUID DIET THE DAY BEFORE THE TEST.** Drink plenty of fluids! A colonoscopy preparation can cause dehydration and loss of electrolytes if you do not!

CLEAR DIET

- Clear liquid diet is liquid food you can see through. This includes fruit juices (apple, grape), jello, clear broth or bouillon, tea, black coffee, popsicles and various sports drinks.
- Do not have milk products, creams, and cheeses etc.
- Do not have any item with red dye (red jello, fruit punch, cranberry juice etc.)

SAMPLE DIET:

Breakfast: One glass Clear Juice (May have Orange Juice in morning only).

One cup Tea or Coffee (No milk or cream)

Cup of Jell-O

Mid Morning Snack: Sports Drink (Gatorade-orange, lemon-lime, watermelon)

Lunch: Bowl of Clear broth

Cup of Jell-O

One glass of Ginger-Ale or Sprite

Evening Snack: Popsicle

Dinner: One glass of Clear Juice

One bowl of Clear Bouillon

Tea or Coffee (No Milk or Cream)

Good luck with the prep! If you have any questions, just give us a call.

Remember, a complete prep ensures a thorough examination of your colon!