

Digestive Disease Associates

170 Amendment Ave.

Rock Hill, SC 29732

803-324-7607

www.digestivediseaseassociates.com

Osmo Prep:

The day prior to your colonoscopy, you will need to maintain a clear liquid diet. This includes items such as water, tea, apple or white grape juice, clear sodas, clear broth, jello (not red or purple). Avoid milk products. Avoid any solid food.

Your body can lose significant amounts of fluid during the bowel prep. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much clear liquids before and during your preparation.

Starting at 4 PM the day before your procedure, take one dose (four tablets with 8 ounces of a clear liquid) every 15 minutes for a total of 5 doses. Therefore, you would take a dose at 4 PM, 4:15 PM, 4:30 PM, 4:45 PM, and 5 PM. That would be a total of 20 tablets. It is important you try to finish this part of the prep in two hours. Bowel movements should begin about a half hour to an hour after your first glass. Feelings of bloating and nausea are common after the first few glasses. They should subside when you start having bowel movements. If needed due to nausea, you may take a 30 minute break, then start again till the first half of the solution is taken.

4 hours prior to your procedure, take one dose (four tablets with 8 ounces of clear liquid) every 15 minutes for a total of 3 doses. That would be a total of 12 tablets. It is important that you finish this part of the prep in two hours. Do not drink anything else _____ prior to your procedure.

TIPS: Chill it. Try chilling the glass too. Drink the whole glass quickly, do not sip. Rinse your mouth with cool water between glasses. Drink the solution with a straw. Place some light reading material in the bathroom. Make sure you use soft toilet tissue or pre-moistened bathroom wipes to prevent soreness.

Please follow these instructions for the best results for your procedure. Failure to follow these instructions could result in cancellation of your procedure and rescheduling.

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General Instructions for All Endoscopy Procedures

If you have any questions, please contact our office at 803-324-7607 and ask for Procedure scheduling. Also you may visit our website listed above.

Diabetics: Please follow the following instructions for your procedure:

Insulin Shots:

If you take insulin shots:

- * The **DAY BEFORE** your procedure, take your usual dose of insulin.
 - * The **EVENING BEFORE** your procedure, take 1/2 of your usual dose of insulin.
- Make sure to check your blood sugar frequently that day. If sugar falls below 70, drink sprite or 7-UP (not diet).

If you take **Diabetes Pills**:

- *Take **NO** diabetes pills the **Night Before** or **Morning of Procedure**.

MORNING OF PROCEDURE:

- *Take **NO** insulin shots or diabetes pills.

FOR EVERYONE THE MORNING OF THE PROCEDURE:

Only take **Heart** or **Blood Pressure** medication, **Seizure** medication and/or **Reflux** medication

When to STOP Blood Thinners:

Coumadin - 3-5 days before
Pradaxa - 2-5 days before
Eliquis - 2 days before
Effient - 7 days before

Plavix or Aggrenox - 7 days before
Brilinta - 5 days before
Xarelto - 24 hours before
Aspirin - **take as normal**

If you take **Iron Pills**, please **STOP 4 Days** prior to your procedure

Please Note: **FAILURE** to cancel your procedure **24 hours in advance** will result in a **\$100 No Show Fee**.