

Piedmont Colorectal Associates, P.C.

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OSMOPREP INSTRUCTIONS

Date: _____ Time: _____ Arrival: _____

The entire day before the procedure

- You will be on a clear liquid diet. A clear liquid is any liquid that you can put in a glass and see through it. You may have jello (no red jello), bouillon, consommé, apple juice, grape juice, cranberry juice, Gatorade, coffee, tea, cola, or water. Milk cream, anything with pulp, alcoholic beverages and solid foods are **NOT** allowed.

The evening before the procedure

- At approximately 5 p.m., take Four tablets with 8 oz. of any clear liquid (as listed above) every fifteen minutes for a total of five doses (**total 20 tablets**).
- At approximately 9 p.m., take Four tablets with 8 oz. of any clear liquid (as listed above) every fifteen minutes for a total of three doses (**total 12 tablets**).
- Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during, and after the preparation.
- ***You need to fast (nothing to eat or drink) after midnight.***
- You may refer to the Osmoprep website: <http://www.osmoprep.com>

The morning of the procedure

- Patients taking daily medications may take their regular dosages the morning of the exam with very small sips of water. However, if you are taking Aspirin based products or Vitamin E, please contact our office for further instructions. If you are currently taking blood thinners such as Coumadin, please let your physician know immediately, as you must stop this medication several days prior to the exam to prevent excessive bleeding. You must also clear this with your primary care physician.
 - **For COLONOSCOPY:** report to the Endoscopy Lab located on the 1st floor of the 77 Bldg. Park in the North parking deck. You should arrive at least one hour prior to your scheduled appointment time. The entire length of time you will spend at the hospital for colonoscopy will be approximately 2-3 hours.
 - **For AMBULATORY SURGERY:** report to the McDonnell Surgical Center on Collier Road. Park in the McDonnell Surgical Center parking lot. You should arrive two hours prior to your scheduled surgery time.
 - **For INPATIENT SURGERY:** report to the Admissions Desk in the main hospital (this is near elevator A). You should arrive two hours prior to your scheduled surgery time.

After the procedure

- You must have someone responsible drive you home after colonoscopy & ambulatory surgery- these are hospital rules –because you will be given a sedative for the procedure.
- Biopsy/pathology reports take about 3-4 business days to get from the laboratory. Please allow this much time before contacting our office for your results.
- If you have any questions, please contact our office prior to your exam..