



PREPARATION FOR COLONOSCOPY (Using OsmoPrep)

- If you regularly take Plavix (clopidogrel), stop this medication 14 days prior to colonoscopy.
- If you regularly take Coumadin (warfarin), stop this medication for _____ days prior to colonoscopy.
- Do not take medicines containing aspirin (ASA) for 7 days prior to colonoscopy.
(Includes Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin).
- Do not take any anti-inflammatory medicines for 2 days prior to colonoscopy.
(Includes Advil, Aleve, Anaprox, Daypro, Diclofenac, Etodolac, Ibuprofen, Indocid, Ketoprofen, Ketorolac, Lodine, Motrin, Naprosyn, Nuprin, Relafen, Toradol, Voltaren).
If pain relief is needed, use Tylenol (acetaminophen).
- In order for colonoscopy to take place, the colon must be absolutely clean.
 - For two days prior to colonoscopy, avoid salads, fruit peels, beans, and corn.
 - For one day prior to colonoscopy, avoid the following:
 - Bulk laxatives (Metamucil, Citrucel, Konsyl, Fibercon, Benefiber, Bran, Effersyllium)
 - Stool softeners (Colace, Pericolace, Doxidan, Dialose, Surfak, Docusate)
 - Iron-containing vitamins (Multivitamins with iron, Geritol)
 - Starting on the morning of the day before colonoscopy, begin a clear liquid diet, which includes the following:
 - Bouillon and clear or light colored soups or broths
 - Jello® (no fruit or toppings)
 - Popsicles®
 - Hard candy
 - Black coffee or tea
 - Fruit juices with no pulp
 - Gatorade
 - Carbonated beverages
 - Do not eat or drink anything colored red or purple.
 - Avoid solid food other than hard candy or Popsicles.
 - Avoid dairy products including milk, cheese, ice cream, and yogurt.
- You should have received a prescription for **OsmoPrep**, which includes 32 tablets:
 - Starting at 2 p.m. on the day prior to colonoscopy, take 4 tablets with 8 oz water or clear liquid, every 15 minutes, until 20 tablets have been consumed.
 - Starting at 6 p.m. on the day prior to colonoscopy, take 4 tablets with 8 oz water or clear liquid, every 15 minutes, until the remaining 12 tablets have been consumed.
- After taking the tablets and drinking the liquids, you are encouraged to drink more clear liquid up until midnight.
- You may apply some Anusol or vaseline around the anus if the anal area becomes sore due to passage of liquid stool.
- Do not eat or drink anything after midnight the night before colonoscopy. Take your regular heart or blood pressure medications in the morning with a small sip of water. If you are diabetic, measure your blood sugar the night before and the morning of colonoscopy; if the sugar is low, you may have some juice. Do not take insulin or diabetic medications until after the procedure.
- Report to _____ Hospital admissions desk at _____ on _____ .
- You will be sedated for the exam and will not be able to drive for the rest of the day. Bring someone with you who can drive you home.