

INSTRUCTIONS FOR COLONOSCOPY PREPARATION WITH OSMOPREP

1 WEEK BEFORE PROCEDURE:

- Please read all the instructions at least 7 days before your colonoscopy.
- You will need to fill your prescription for Osmo Prep tablets at your local pharmacy.
- Stop aspirin, anti-inflammatory drugs (ibuprofen, Advil, Aleve, etc.), Vitamin E and iron one week prior to exam. Tylenol, Celebrex, and Bextra are okay to continue. If you are taking Coumadin, Plavix, or Aggrenox, make sure your physician is aware.

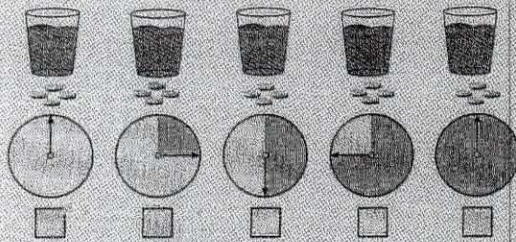
DAY BEFORE PROCEDURE:

- Drink only "clear liquids" for the entire day (no solids or milk products).
- Clear liquids include: water, fruit juices (apple, white grape, white cranberry, lemonade), clear broth or bouillon, soft drinks, Gatorade, Kool-aid (not red or purple), coffee, tea, beer, white wine, Gummy Bears, Life Savers, Jello, Popsicles (not red or purple) and orange or lime sherbet.

Beginning at 4:00 pm

First Regimen

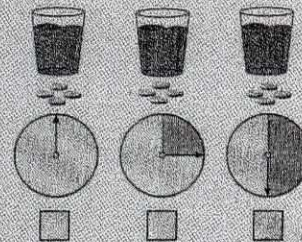
One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets)



Beginning at 9:00 pm

Second Regimen

One dose every 15 minutes for a total of 3 doses (12 tablets)



You must complete the entire prep to ensure the most effective cleansing.

- Between 4:00 and 6:00pm start the first round of Osmo Prep tablets.

Note: Individual responses to laxatives may vary. This may cause multiple bowel movements within 30 minutes or may take several hours. Remain within easy reach of toilet facilities.

Key: Eat light for 2-3 days before the exam. This will make your preparation easier. Drink plenty of liquids. The more you drink, the better the prep and less chance for dehydration.

DAY OF PROCEDURE:

- You may have one 8oz. glass of water the morning of your exam.
- Otherwise, have nothing to eat or drink after midnight.
- If you do not think you are "cleaned out" you may use a Fleet enema the morning of the exam.
- You may brush your teeth, rinse with mouthwash and take medications with water.
- **YOU MUST HAVE SOMEONE TO DRIVE YOU HOME; YOU CANNOT DRIVE AT ALL THAT DAY.**
- **DO NOT BRING ANY VALUABLES WITH YOU AND WEAR COMFORTABLE CLOTHING.**
- You can expect to be at The Northeast Endoscopy Center for 1 ½ hours.

LOW FIBER DIET: (2 DAYS PRIOR TO COLONOSCOPY):

Soups: Broth, cream soups, tomato, chicken and white rice, noodles

Meats/Protein: Any soft or easy to chew meat or fish.

Vegetables: Potatoes with skin, tomatoes and tomato juice, beets, carrots, mushrooms, pumpkin, yellow squash, turnip greens, spinach (cooked), asparagus tips.

Fruits: All juices without pulp, cooked or canned fruits applesauce, apricots, pears, cherries, peaches, bananas, citrus fruit without membrane.

Cereal: Refined, cooked or ready to eat oatmeal.

Starches: Biscuits, rolls, crackers or bread made from white flour, plain doughnuts or English muffins, plain macaroni noodles or spaghetti, white rice, plain waffles or pancakes, saltines.

Cheese/Eggs: Cottage cheese, cream cheese, mild cheese such as American or Swiss. Yogurt without fruit. All eggs except fried.

Desserts: Plain cake, cookies, gelatin, ice cream, pudding, sherbet, pie made from allowed foods.

Beverages: Limit milk to two cups a day, carbonated beverages, coffee, tea, fruit-flavored drinks.

Fat: Crisp bacon, butter, cream, margarine, mayonnaise, oils, shortening, smooth salad dressing, sour cream.

LIQUID DIET: Day before exam stay on clear liquids only. No Solid Foods.

Soups: Clear consommé, bouillon, broth or Ensure Clear.

Beverages: Tea, coffee, carbonated drinks, water, Kool-Aid (no red or purple), beer white wine, Gatorade (no red or purple).

Juices: White cranberry (no red or purple), apple, strained lemonade, white grape.

Desserts: Gelatins, popsicles (no red or purple), Gummy Bears, Life Savers, orange sherbet. No milk products (but you can use milk or cream in your coffee).

Follow your instructions about taking the laxative preparation.

*****Morning of Exam*****

- Drink one 8 oz glass of water or clear liquid of choice 2 hours before exam.
- You cannot drive or work the day of exam.
- You must have a driver.
- Stop aspirin, Plavix or any other blood thinner 5 days prior to the exam.
- Let our office know when scheduling if you are on diabetic medications.