

PREP INSTRUCTION: OSMOPREP

Patient: _____, You have a COLONOSCOPY at Citrus Medical Center. On _____. You must report to this facility by _____ am. You will be at the facility for 2-3 hours.

PLEASE NOTE:

1. You must have a driver to take you home from the facility, medications will cause drowsiness, and you will not be able to drive.
2. Do not take any aspirin, coumadin, plavix, blood thinners 5 days prior to procedure. Please discuss with Meghan if you do. You may take hypertensive medications 2hrs prior to procedure with a small sip of water. **Tylenol ok to take**
3. DIABETICS!! TAKE YOUR PILLS AS USUAL. TAKE HALF THE USUAL DOSE OF INSULIN ON THE DAY OF THE TEST.

Prep Day: _____ your prescription was called to your pharmacy, please remember to pick it up.

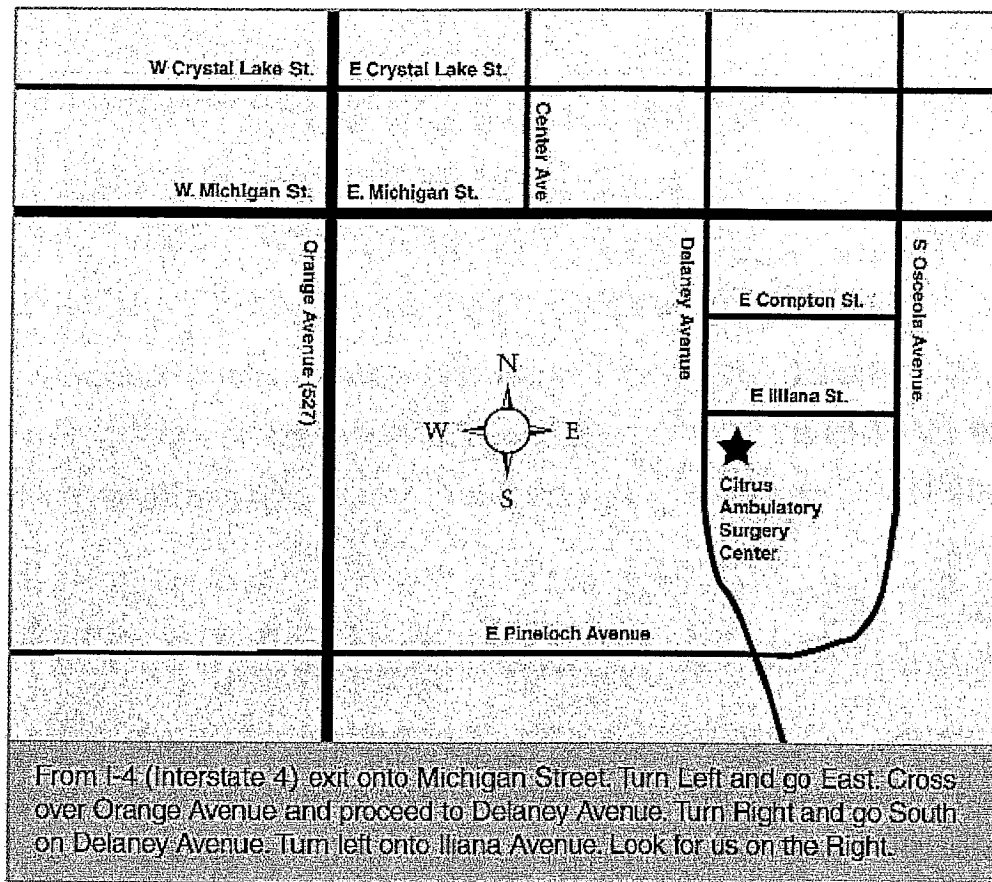
1. Stay on a clear liquid diet all day. Drink 8OZ of fluids every hour from the time you wake up to the time you go to bed to prevent dehydration. (failure to follow may result in a poorly cleansed colon and possible cancellation of the procedure.)
2. at 1pm, take 4 Osmoprep tablets every 15 min. with 8 oz. of clear liquid until 20 have been consumed (4 pills at 1pm, 4 at 1:15, 4 at 1:30, 4 at 1:45, and 4 at 2pm)
3. At 7 pm take 4 Osmoprep tablets every 15 mins. with 8 oz. of clear liquid until the remaining 12 have been consumed. (4 at 7pm, 4 at 7:15, and 4 at 7:30)
4. You need to continue to drink clear liquids throughout the day. This is very important. Stop liquids at midnight.
5. --**nothing to eat or drink day of procedure****

IT IS VERY IMPORTANT THAT YOU DRINK PLENTY OF LIQUIDS IF YOU THINK YOU HAVE HAD ENOUGH DRINK A LITTLE MORE....

PLEASE INFORM MY OFFICE IF YOU NEED TO CANCEL 48HRS IN ADVANCE. Call Meghan 407-851-5600 EXT 1032 if you have questions concerning the procedure. Insurance questions please call Alicia ext 1007 or Citrus Surgical Center at 407-472-5095 for co-pay info.

Please note you will need a follow up office visit after your procedure if a biopsy or polyp was taken, refer to your discharge paperwork.

Hours of Operation: 6:30 AM - 4:00 PM, Monday - Friday



Citrus Ambulatory Surgery Center is an outpatient, state-of-the-art facility. Our goal is to provide you with the highest quality services and cost-efficient healthcare in a comfortable and safe environment. For more information about your procedure, please contact us today. Our doctors and medical staff are here to answer any questions you may have about your procedure.

CLEAR LIQUID DIET

*****NO RED, PINK OR PURPLE DYES*****

NO DAIRY OR DAIRY PRODUCTS

This is a mock diet for the day you do not have to follow this menu. You do need to be on a clear liquid diet after 9 am the day before your procedure.

Foods allowed:

Water, sparkling water, coffee-no milk

Gatorade (lemon, orange, clear flavors) Club soda, tea Sprite, 7up, ginger ale, mountain dew, fresca

Apple juice, white grape juice, pineapple juice (no pulp)

Broths---all flavors

Jello- orange, lemon, lime only

Popsicles (no red, blue, pink, purple)fruit flavored gelatin, clear hard candy

Sorbet (not sherbert) coconut, lemon or mango

Sample menu choices

Breakfast

lunch

Dinner

apple juice

apple juice

lemonade

broth

broth

broth

jello

jello

sorbet

tea/coffee

tea/coffee

tea/coffee

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

BEFORE YOUR PROCEDURE!!!!!!