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Your Osmo Colonoscopy Prep – Dr. Sokhi

Appointment date	Day of week	Time _____ Arrive _____ Procedure
Location <input type="checkbox"/> Aurora Sheboygan Memorial Medical Center 2629 N. 7th St., Sheboygan, WI 53081 920-451-5136	<input type="checkbox"/> Aurora Surgery Center 901 Reed Street Plymouth, WI 53073 920-893-4733	Number to call if questions: 920-457-4461, ext. 2184, or call the facility where you are having colonoscopy procedure.

Preparing for your test

When you are scheduled for a colonoscopy, your doctor and nurses will need this information about your health:

- Allergies
- Any medications that you take, including prescription and non-prescription medicine (vitamins, supplements, Tylenol, Advil)

If you have a cardiac defibrillator, you will need a physical exam before the test. Call your primary care doctor to arrange this before your procedure.

If needed, call your insurance company to tell them about your test.

You will need to clean out your bowel before the colonoscopy. At least 48 hours before your colonoscopy, you will need to stop at the pharmacy and pick up 32 OsmoPrep tablets. *A prescription is required.*

5 to 7 days before your test (and until the day of your test)

- Do not take Coumadin (warfarin) for 5 days.
- Do not take Plavix for 7 days.
- Some over-the-counter pain or arthritis medicines could interfere with blood clotting. Do not take any of the following the week before your test: aspirin, Bufferin, Anacin, Ecotrin, Excedrin, Advil, Motrin (ibuprofen), Nuprin, Indocin, Naprosyn, Feldene, Clinoril, Voltaren, Relafen or Aleve.
- Tylenol (acetaminophen) may be used for headaches, joint pain, etc.
- If you take iron pills or vitamins with iron, please stop them 5 days before your exam. It is harder to cleanse the colon due to the dark color bowel movement.
- Please avoid peas, corn, popcorn and beans (legumes).
- If you have any questions or concerns about not taking medications, please call your family/personal doctor or the prescribing physician for specific instructions.
- If you take diabetic medicine, call your family doctor a few days before the test to ask how you should take the medicine the day before the test and the morning of the test.

3 days before the test

- Do not eat any fruits or vegetables with seeds, such as cucumbers, tomatoes, corn, popcorn, nuts or berries.
- Do not take Metamucil, Fibercon or any bulk-forming laxatives.
- Make plans to have someone bring you to the hospital and take you home after the exam. You will be medicated for the colonoscopy. *You will not be able to drive or take public transportation.* Due to the medication you will be given during the procedure, you should not drive or return to work for 24 hours after the test.

The day before your test

- Eat breakfast on _____.
- After breakfast on _____, you can only have clear liquids until your procedure is complete. Examples of clear liquids: water, tea, coffee (without milk or cream), carbonated beverages, apple juice, *white* cranberry or grape juice, flavored orange drinks, strained soup broth, canned broth, bouillon cubes (reconstituted), Gatorade, popsicles, hard candy, Jell-O. *Avoid red or purple liquids. Do not drink any dairy products (milk).*
- At 3 p.m. on _____, take 4 OsmoPrep tablets every 15 minutes with at least 8 ounces (oz.) of any clear liquid *until all 20 tablets are gone.* (If you are not able to start the tablets at 3PM due to your work schedule, you should start the prep as soon as you can).

First regimen: Stay close to a bathroom

- At 3 p.m., take 4 tablets with 8 oz. of clear liquid.
- At 3:15 p.m., take 4 tablets with 8 oz. of clear liquid.
- At 3:30 p.m., take 4 tablets with 8 oz. of clear liquid.
- At 3:45 p.m., take 4 tablets with 8 oz. of clear liquid.
- At 4 p.m., take 4 tablets with 8 oz. of clear liquid.

- At 9 p.m. on _____, take 4 OsmoPrep tablets every 15 minutes with at least 8 oz. of clear liquid *until the remaining 12 tablets are gone.* If you started the first regimen after 3 p.m. due to work, you need to take the remaining tablets to complete the second regimen before midnight.

Second regimen: Stay close to a bathroom.

- At 9 p.m., take 4 tablets with 8 oz. of clear liquid.
- At 9:15 p.m., take 4 tablets with 8 oz. of clear liquid.
- At 9:30 p.m., take 4 tablets with 8 oz. of clear liquid.

The day of your test

- *You should continue to drink clear liquids until 4 hours before your colonoscopy to prevent dehydration from the bowel prep.*
- **Stop** drinking clear liquids 4 hours before your scheduled exam.
- Take your prescribed heart, blood pressure, thyroid, long-acting/chronic-pain medication (Methadone, MS Contin), Parkinson's, seizure, and breathing medication (including inhalers) the morning of your test with enough water to swallow your pills.
- Dress in comfortable, loose-fitting clothing, since you may feel bloated after the test.
- Feeling cold or chilled is normal.
- Bring insurance cards and a list of current medications and allergies with you.