

COLONOSCOPY : OSMO PREPARATION

FIVE DAYS BEFORE EXAM:

1. Discontinue any Blood Thinners such as Coumadin, Plavix, Naproxen. Discontinue Anti-inflammatory medications (Except Celebrex is okay)
2. Discontinue any Aspirin, Ibuprofen, Motrin, Advil, etc. It is okay to take Tylenol /Acetaminophen for ache or pain. (81mg Aspirin is okay if you currently have Heart Disease or a Stroke/CVA or Mini Stroke/TIA.)
3. Discontinue any Vitamin E, herbal medications, Fish Oil, Fiber or Iron Supplements.
4. Do not eat any corn, nuts, seeds or foods containing seeds (Example: Watermelon, Squash, Cucumbers, Tomatoes, Rye Bread)

ONE DAY BEFORE EXAM:

1. If on any Blood Pressure or heart medications, please take your normal dose today.
2. **Diabetics – Take ½ of your usual dose today.**
3. Discontinue Alcohol one day prior to exam.
4. Drink only clear liquids for breakfast, lunch and dinner the entire day. **Clear liquids allowed; Water, Clear fruit juices, Clear sodas, Bouillon or Chicken broth, Plain jello, Popsicles. You may have plain black coffee, tea. NO SOLID FOODS. NO MILK OR MILK PRODUCTS ALLOWED. ONLY ORANGE OR YELLOW COLORS / DYES ALLOWED.**

At 12:00 noon take 4 OSMOPREP tablets with 16-24 ounces of clear liquid, At 12:15pm take 4 OSMOPREP tablets with 16-24 ounces of clear liquid. You must drink all of the clear liquids with each dose of tablets. Then take 4 OSMOPREP tablets every 15 minutes with 8 ounces of any clear liquid until all 20 tablets have been consumed. Continue drinking clear liquids all day.

12:00pm	12:15pm	12:30pm	12:45pm	1:00pm
4 Tablets	4 Tablets	4 Tablets	4 Tablets	4 Tablets
W/16-24oz	+ /16-24oz	+ w/ 8oz	+ w/ 8oz	+ w/ 8oz
Clear Liquids	Clear Liquids	Clear Liquid	Clear Liquids	Clear Liquids

At 5:00 pm take 4 OSMOPREP Tablets every 15 minutes with 8 ounces of any clear liquid until all 12 tablets have been consumed. Continue drinking clear liquids through the evening until bed time or midnight.

5:00pm	5:15pm	5:30pm
4 Tablets	4 Tablets	4 Tablets
w/ 8oz	+ w/ 8oz	+ w/8 oz
Clear Liquids	Clear Liquids	Clear Liquids

(NOTE: FAILURE TO TAKE THE PREP AS INDICATED MAY RESULT IN A POORLY CLEANSSED COLON AND POSSIBLE CANCELLATION OF THE PROCEDURE. IT IS VERY IMPORTANT TO DRINK ALL OF THE CLEAR LIQUID.)

DAY OF EXAM:

1. *******TRANSPORTATION REQUIRED*******
2. If on any Blood Pressure or Heart Medications, please take your normal dosage in the early A.M.- 1st thing upon waking up with a sip of water.
3. Diabetics – Do not take your insulin or diabetic pills the day of the procedure. Bring your insulin to the surgery center.
4. Appear for your examination at the time scheduled below. Only if scheduled after 1:00 P.M., you may have 8oz of clear liquids **NO LATER THAN 7:30 A.M. *** OTHERWISE, NOTHING TO EAT, DRINK, OR CHEW AFTER MIDNIGHT.*****

YOUR PROCEDURE IS SCHEDULED ON:

DATE: _____ TIME: _____ BE HERE AT: _____
PLACE: Barkley Surgicenter 63 Barkley Circle Suite # 104 Ft. Myers, Florida 33907

YOUR POST PROCEDURE OFFICE VISIT IS SCHEDULED ON:

DATE: _____ TIME: _____ WITH: _____

At the Ft. Myers office 4790 Barkley Cir Bldg. A At the Cape Coral office 1425 Viscaya Pkwy #101

If you have any questions regarding the procedure, call our office at (239) 275-8882, (239) 458-0822 or Visit our website at www.giaswfl.com

Some Things You Should Know.....

WHAT IS A COLONOSCOPY?

Colonoscopy is an examination of the large intestine using a long flexible tube called a colonoscope. This test may be done for a variety of reasons. Commonly it is done to investigate the finding of blood in the stool, diarrhea, abdominal pain, a change in bowel habits, or an abnormality noted on a colon x-ray or barium enema.

WHAT HAPPENS DURING THE PROCEDURE?

An intravenous (IV) will be started in your arm. Enough medication will be given to make you drowsy and relaxed.

The examination is performed with you lying on your left side. The doctor will examine your rectum first with a finger and then the colonoscope will be gently inserted. The colonoscope will be carefully passed through the colon and then slowly withdrawn.

If any abnormalities are found, small pieces of tissue may be taken for examination. Small growths (polyps) may also be found in the colon and can safely be removed. Small bleeding sites are often cauterized (burned) to stop bleeding. This is a very safe procedure and in many cases eliminates the need for surgery.

Your stay at the facility will be approximately two hours long, depending on how long it takes to pass the scope around the colon. When medication is given, the procedure is usually not unpleasant and often the patient does not remember having the procedure done.

AFTER THE PROCEDURE:

You will be observed for about thirty minutes before going home. You will not be allowed to drive after the procedure. You will be drowsy several hours afterward. Following the colonoscopy, the doctor will talk with you and your family and give them a report of the test findings. A follow-up visit should have been pre-scheduled so the test results can be explained to you when you are fully awake at a later date. This follow-up visit is separate from the procedure and if your insurance requires a co-pay it will be due on the day of the follow-up visit.

RISKS:

This is a very safe examination, but there is a small risk of complications, which occur in less than 1% of patients. Reactions to medications may occur. These might be allergic reactions or difficulty breathing. Bleeding is a possibility. Perforation of the colon may occur. A perforation is a serious problem and in some cases would require surgery to close the perforation of the colon.

If you experience severe pain, bleeding, or any problems after the test, please contact the doctor at (239) 275-8882 immediately.