



David S. Shields, M.D.
Gastroenterology | 650-324-1020

OsmoPrep Instructions

You are scheduled to have a Colonoscopy. Dr. David Shields will perform this procedure on ____/____/____ at ____AM/PM at the Palo Alto Endoscopy Center.
770 Welch Road 3rd floor Suite 380 Palo Alto, CA 94304

Please arrive 30 minutes prior to your scheduled appointment to register
You must be accompanied by someone to drive you home. You may not drive yourself home. Arrange for transportation or the procedure will be rescheduled

Please notify Dr. Shields' office staff (Mon-Thurs. 8:30 AM-5PM, Friday 8AM-4:30PM) **72 hours in advanced of your scheduled appointment** should you need to cancel or reschedule. **If you cancel your appointment after the 72 hour window you may be charged for the time you reserved.** Please contact our office if you have any questions or need to re-schedule your appointment at (650) 324-1020.

Colonoscopy:

Colonoscopy is a state-of-the-art method for visual examination of the large intestine, using a lighted, flexible video colonoscope. You will be sedated with medication. The small flexible tube will be gently passed through your rectum, proceeding through the entire colon ending at the right-lower abdomen. The entire colon will be carefully examined.

MEDICATION AND DIET INSTRUCTIONS

Supplies needed:

Please be sure you have obtained prescription prior to your Colonoscopy.

If you do not receive a prescription for OsmoPrep enclosed with these instructions, please call our office at (650)324-1020.

Five (5) days before your procedure:

STOP Plavix (clopidogrel) and Aspirin and aspirin containing products. Acetaminophen (Tylenol) can be continued or used as a pain reliever.

Three (3) days before your procedure:

STOP taking Coumadin (warfarin). Speak to your primary care doctor or cardiologist to ask if an alternative anti-coagulant is needed. **Please be sure to notify our office if you have a prosthetic heart valve or pacemaker.**

Two (2) days before your procedure:

I. **STOP** taking anti-inflammatory medicines such as Aleve, Motrin, Advil, Ibuprofen, and Naprosyn (Naproxen).

2. STOP eating nuts or seeds of any kind and foods with a peel. *Examples* include popcorn, peanuts, fennel seeds, poppy seeds, grapes, beans, tomatoes, green peas, corn, blueberries, raspberries, or watermelon. Fibers, seeds, and peels can clog the colonoscope.

*** The instructions you read about medications should be followed to minimize the risk of serious bleeding if a polyp is removed or biopsy taken***

One (1) day before your procedure in AM:

STOP eating solid foods and dairy products. START drinking liquids in the morning and throughout the day. *Examples* of clear liquids include black coffee or tea without milk/creamer, soda (7up, Pepsi, etc.), Gatorade, Propel, water, clear juices (apple, white grape, white cranberry), clear broth, popsicles, lemon jell-o. No red, blue, or green flavors. No alcohol, dairy products, or orange juice. Do not eat any solid food while on this diet. Deviating from this clear liquid diet may prevent adequate preparation for the colon exam.

6PM day before your procedure:

Begin your first regimen of OsmoPrep. One dose of 4 tablets with 8 oz of any clear liquid, every 15 minutes for a total of 5 doses (20 tablets). Continue clear liquids.

Day of your procedure:

3 hours prior to your procedure, take your second regimen of OsmoPrep. One dose of 4 tablets with 8 oz of any clear liquid, every 15 minutes for a total of (12 tablets). Continue liquid diet up to 2 hours prior to scheduled appointment.

Commonly Asked Questions:

When is my last solid meal?

Your last solid meal is 24 hours before your appointment. If you have an AM appointment your last solid meal is before 9AM the day before. If you have a PM appointment your last solid meal should be before 1 PM the day before.

How do I know if my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick.

What side effects may I expect?

Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

Will my prep interfere with my other medications?

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

REMEMBER: Please contact our office if you have any questions (650) 324-1020.