



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 Stanford Hospital located at 300 PASTEUR DRIVE STANFORD, CA 94305. **Please arrive 1 hour prior to your scheduled appointment to register. Check in with Patient Admitting at the main hospital entrance.**

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 within 72 business hours (Mon-Thurs 8:30am – 5:00pm, Friday 8:00am to 4:30 pm) in advance of your scheduled appointment should you need to reschedule. If you cancel your appointment after the 72 hour window, you may be charged for the appointment 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 (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. Please be sure to notify our office if you have a prosthetic heart valve or pacemaker.

Three (3) days before the procedure:

STOP taking Coumadin (warfarin). Speak to your primary care doctor or cardiologist to ask if an alternative anti-coagulant is needed.

Two (2) days before the procedure:

1. 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 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 the procedure:

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

Day of procedure:

3 hours prior to your exam, 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 3 doses (12 tablets). Continue liquid diet up to 2 hours before your 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.