

**Reno Endoscopy Center**  
880 Ryland Street  
Reno, Nevada 89502  
(775) 329-1009

**For Scheduling Changes,  
Call 329-4600**

**Carson Endoscopy Center**  
707 N Minnesota St  
Carson City, Nevada 89703  
(775) 884-8818

**For Scheduling Changes,  
Call 884-4567**

Patient Name: \_\_\_\_\_ Appointment Date: \_\_\_\_\_

Check-in Time: \_\_\_\_\_

- Reno Endoscopy Center
- Carson Endoscopy
- Other

## **Colonoscopy Preparation (OSMO-PREP)**

Please read the following instructions carefully at least one week prior to your exam. The most important part of a successful Colonoscopy is the preparation. Adequate cleansing of your colon prior to the examination is crucial for good results. If you need further information about your procedure, please call our procedure facility prior to your examination so we may take care of any concerns well ahead of time.

### **Medication and Diet Instructions**

#### **5 days before procedure**

Stop eating any food that contains the fat free substitute OLESTRA<sup>®</sup>. (Found in some fat-free products. Read labels carefully.)

#### **Two Days Before the procedure**

Do not eat any beans, corn, tomatoes, cucumbers, nuts or foods containing seeds such as poppy, sesame or sunflower.

**Go to the drugstore and fill the prescription for the OsmoPrep tablets.**

**If you tend to be constipated,** take an ounce of Milk of Magnesia on this day so that you will not be as constipated when you take the preparation solution tomorrow.

### **Special Considerations**

Please contact our office immediately if you have any of the following medical conditions and have not discussed them with us.

- **You take Coumadin (warfarin) or Plavix**
- **History of excessive bleeding during a previous surgery or dental extraction**
- **You have an artificial heart valve or other condition requiring antibiotics.**
- **You have diabetes.**
- **You have a history of liver or kidney (dialysis) disease**

**You will need to be on a clear liquid diet the entire day before you procedure.**

To ensure the best possible results from the procedure, please adhere to the clear liquid diet.

**FOLLOW THE CLEAR LIQUID DIET BELOW**

**Clear Liquids include:**

- Water
- Clear fruit juices (apple, white grape juice, white cranberry juice)
- Gatorade
- Clear broth or bullion
- Jell-O (without added fruit or toppings)
- Lifesavers
- Popsicles
- Tea (no coffee)
- Soft drinks

**Solid food, milk and milk products are not allowed.**

**Avoid any products (including Jell-O) that are colored red, purple, or green, as they will interfere with your test.**

**Avoid alcohol**

**SEE DETAILED PREPARATION INSTRUCTIONS ON FOLLOWING PAGE**

**DAY OF PROCEDURE**

- Eat no solid foods.
- **You may have a clear liquid diet up to four hours before your procedure**
- Take all of your usual morning medications especially those for blood pressure. If you are diabetic, wait until after the procedure to take your usual dose of insulin or oral medication, after you have eaten a full meal, unless advised otherwise.

**GENERAL INFORMATION**

- Leave all jewelry and valuables at home. We are not responsible for valuables brought into the center.
- Your dentures and all jewelry will be removed during the exam for safety reasons.
- **Do not forget to arrange for transportation home after the procedure. Since you have been sedated, you will be unable to drive for the remainder of the day.** You will not be able to operate any machinery or go to work until the following day.
- **If leaving by taxi, you will not be allowed to leave by yourself. You must be accompanied by a friend or relative**
- **Co-pay, Co-insurance and deductible amounts are due at the time of service. Please be prepared to pay for these fees on the day of your procedure.**
- If you are coming from **out of town** or staying at a place other than your main residence, please call our office and leave a number where you can be reached.

**IF YOUR PROCEDURE IS PRIOR TO 12 NOON, FOLLOW THESE INSTRUCTIONS:**

**IT IS VERY IMPORTANT THAT YOU DRINK A FULL 8OZ GLASS OF CLEAR LIQUID WITH EACH DOSE**

**FIRST DOSE**

**At 6:00pm** Begin the 1<sup>st</sup> dose at 6pm. Take 4 OsmoPrep tablets every 15 minutes with at least 8oz of clear liquids (follow the clear liquid diet listed below) until you have taken all 20 tablets. **Do not exceed 20 tablets.**

6:00pm	Take 4 tablets and 8oz of clear liquid	6:15pm	Take 4 tablets and 8oz of clear liquid
6:30pm	Take 4 tablets and 8oz of clear liquid	6:45pm	Take 4 tablets and 8oz of clear liquid
7:00pm	Take 4 tablets and 8oz of clear liquid		

**SECOND DOSE**

**At 8:00pm** Begin the 2<sup>nd</sup> dose at 8pm. Take 4 OsmoPrep tablets every 15 minutes with 8oz of clear liquid. Do not exceed 12 tablets.

8:00pm	Take 4 tablets and 8oz of clear liquid	8:15pm	Take 4 tablets and 8oz of clear liquid
8:30pm	Take 4 tablets and 8oz of clear liquid		

**Take all of your normal prescription medications unless advised otherwise.**

**IF YOUR PROCEDURE IS 1PM OR LATER, FOLLOW THESE INSTRUCTIONS:**

**IT IS VERY IMPORTANT THAT YOU DRINK A FULL 8OZ GLASS OF CLEAR LIQUID WITH EACH DOSE.**

**FIRST DOSE:**

**At 6pm** Begin the 1<sup>st</sup> dose at 6pm. Take 4 OsmoPrep tablets every 15 minutes with 8oz of clear liquids (follow the clear liquid diet listed below) until you have taken all 20 tablets. **Do not exceed 20 tablets.**

6:00pm	Take 4 tablets and 8oz of clear liquid	6:15pm	Take 4 tablets and 8oz clear liquid
6:30pm	Take 4 tablets and 8oz of clear liquid	6:45pm	Take 4 tablets and 8oz clear liquid
7:00pm	Take 4 tablets and 8oz of clear liquid		

**SECOND DOSE:**

**Begin the 2<sup>nd</sup> dosing regimen at approximately 3-5 hours before procedure.**

Take 4 OsmoPrep tablets every 15 minutes with 8oz of clear liquids. (Fill in the times for every 15 minutes below)

_____	4 tablets with 8oz of clear liquid	_____	4 tablets an 8oz clear liquid
Time		Time	
_____	4 tablets with 8oz of clear liquid		
Time			

**Take all of your normal prescription medications unless advised otherwise.**

If you have any problems or questions regarding your preparation, please contact our office. (See phone numbers for the Endoscopy Centers on the previous page)