Reno Endoscopy Center          South Meadows Endoscopy Center          Carson Endoscopy Center
880 Ryland Street         10619 Professional Circle       707 N. Minnesota Street
Reno, Nevada 89502         Reno, Nevada 89512                     Carson City, Nevada 89703
(775) 329-1009          (775) 852-1886           (775) 884-4848
(775) 329-4600                          (775) 852-4848

For Scheduling Changes, please call:
Reno (775) 329-4600   South Meadows (775) 852-4848   Carson (775) 884-4567

Patient Name: _____________________________    Appointment Date: ____________
Check-in Time: _______________

☐ Reno Endoscopy Center
☐ South Meadows Endoscopy Center
☐ Carson Endoscopy Center
☐ 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 exam 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; which is usually found in fat free potato chips or fat free margarine.
- Do not take any supplements containing fish oil.
- Purchase your bowel preparation from the drug store. The preparation comes in powder form and you will need to mix it with water. Please do not mix the solution until the day you are instructed to drink it.

2 days before the procedure

- Do not eat any beans, corn, tomatoes, cucumbers, nuts or foods containing seeds such as poppy, sesame, or sunflower. The fiber from these foods can clog the colonoscope.
- 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 previous surgery or dental extraction
- You have an artificial heart valve or any other condition requiring antibiotics
- You have diabetes
- You have a history of kidney (dialysis) disease

Diet Instructions

The day before your procedure:

- Mix the preparation with lukewarm water and place the gallon jug in the refrigerator.
- Begin a clear liquid diet starting at breakfast and drink only clear liquids all day.
- **Solid foods, milk and milk products are not allowed.**
- Avoid any product (including Jell-O) that is colored red, purple or green, as these will interfere with your test.

Clear Liquids Include:

- Water
- Clear fruit juices, pulp free, (apple, white grape juice, white cranberry juice)
- Gatorade
- Clear broth or bouillon
- Jell-O, no red, purple, or green. (without added fruit or toppings)
- Lifesavers
- Popsicles, no red, purple, or green
- Tea
- Soft drinks

Take all of your normal prescription medications unless advised otherwise.

Avoid Alcohol.

It is very important to drink plenty of water and other clear liquids throughout the day in order to avoid dehydration and to flush the bowel.
PREPARING AND TAKING THE PREP

You must complete the entire prep to ensure the most effective cleansing.

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

FIRST DOSE:
The day before your procedure:
At 6pm Begin the 1st dose at 6pm.
Take 4 OsmoPrep tablets every 15 minutes with 8oz of clear liquids until you have taken all 20 tablets. You must drink a full 8 ounce (large) glass of clear liquid with each dose.

<table>
<thead>
<tr>
<th>Time</th>
<th>Tablets and Liquid</th>
</tr>
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<tbody>
<tr>
<td>6:00pm</td>
<td>Take 4 tablets and 8oz of clear liquid</td>
</tr>
<tr>
<td>6:15pm</td>
<td>Take 4 tablets and 8oz of clear liquid</td>
</tr>
<tr>
<td>6:30pm</td>
<td>Take 4 tablets and 8oz of clear liquid</td>
</tr>
<tr>
<td>6:45pm</td>
<td>Take 4 tablets and 8oz of clear liquid</td>
</tr>
<tr>
<td>7:00pm</td>
<td>Take 4 tablets and 8oz of clear liquid</td>
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</tbody>
</table>

SECOND DOSE:
The morning of your procedure:
Remember no solid food, clear liquids only!

5 hours before your procedure time (not your check in time), at _______, repeat the prep.

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

<table>
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</tbody>
</table>

Complete this second prep and the additional fluids within one hour from start time.

4 hours before your procedure time DO NOT DRINK ANY MORE FLUIDS
Nothing more to drink until after your procedure.
ADDitional Information for the Day of the Procedure

• Eat no solid foods.
• You may have small quantities of clear liquids up to **4 hours prior to your procedure**.
• Take 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 meal.

General Information

• Leave all jewelry and valuables at home.
• Your dentures 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 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.

Reno Endoscopy Center (775) 329-1009
South Meadows Endoscopy Center (775) 852-1886
Carson Endoscopy Center (775) 884-8818
All Out of Town Patients (800) 442-0041