

GASTROENTEROLOGY CENTER OF NORHTERN VIRIGNIA, LTD.

COLONOSCOPY PREPARATION INSTRUCTION WITH OSMO PILLS TWO (2) DAYS DIET

To cancel or reschedule, FIVE business days advance notice is required to avoid \$300 penalty fee

Long distance travel, especially flying, will not be allowed for at least 2 days after your procedure.

Please plan and schedule your appointment accordingly.

Direct procedure scheduling line for Dr. Herman, Dr.Potru and Dr. Kuperschmit 703-560-0362

Direct procedure scheduling line for Dr. Gupta, Dr. Trinh 571-482-6488

What to purchase from your drug store:

32 Osmo pills with a prescription provided to you by our office.

ITEMS THAT YOU ARE PERMITTED WHILE ON THE CLEAR LIQUID DIET

Beverages: Water, black coffee/Tea/Iced tea (no creamer), soda, lemonade, powder-mix drinks, Gatorade, etc.

Any Pulp-free juice: apple, white grape, white cranberry, peach, etc.

Soup: Only clear broth (Clear means NO solid food in your soup)

Other: Italian ice, popsicles, Jell-O, pulp-free Slurpee, hard candy, salt, sugar and honey are allowed. NO-DAIRY products. NO PULP in your juices. NO RED-colored products. Gatorade drinks will help with replenishing electrolytes.

DIABETIC PATIENTS

All diabetic patients must contact their treating physician for diabetes to discuss the procedure and diet.

Any procedure instructions that requires you to miss a meal or change your daily meal plan will require advance planning to manage blood glucose and may require a change in medication dosage. We ask that you check your glucose level the day before, the night before, and the morning of your procedure appointment. If you are on medication for diabetes, we encourage you to contact your doctor and check if your medication dosage needs to be adjusted.

STEP 1: USE ONLY A CLEAR LIQUID DIET FOR 2 (TWO) FULL DAYS:

- **Two days prior to your appointment, START a clear liquid diet first thing in the morning. Regardless of your appointment time, NO SOLID FOOD for breakfast, lunch, dinner, snack time or anytime.**
- **Be sure to stay hydrated by drinking at least 32oz of fluids daily**

You will be allowed to return to your regular diet after your procedure.

STEP 2: At 5:00 PM, the evening before your colonoscopy day:

- Take four (4) tablets with 8 oz of any clear liquid every 15 minutes for a total of 5 doses (20 pills) and 40 oz of clear liquid.
- You may experience mild bloating or cramping during the first few hours. This is a laxative so be sure to stay near a bathroom. You may remain on clear liquids until four hours before your appointment time.

STEP 3: THE MORNING OF YOUR COLONOSCOPY, 6 hours prior to your arrival time:

- Take four (4) tablets with 8 oz. of any clear liquid every 15 minutes for a total of 3 doses (12 pills) and 24 oz of clear liquid.

At the end of the prep process, there should not be any hard stool left, everything should be transparent in color. If this is not the case or if you get sick from the laxative, please call our office ASAP and ask for your doctor's medical assistant at the numbers below:

Dr. Gupta and Dr. Potru: 703-646-9340

Dr. Herman: 703-522-7520

Dr. Kuperschmit: 703-752-0966

Dr. Trinh: 703-646-9341

****VERY IMPORTANT****

- With the exception of the morning prep dose that you are instructed to take, you must be NPO (Nothing by mouth) 4 hours in advance of your appointment time or it may be canceled. NO water, gum, candies, mints, etc.
- After your procedure, you will not be allowed to drive until the following day. You must make arrangements for a ride home.

Emptying the contents of the colon is the first requirement for a successful colonoscopy. If the bowel prep isn't up to par, polyps and lesions can be missed. As a result, the colonoscopy may take longer or you may be asked to reschedule your procedure. Please do your best in following the prep instruction.

The day of your appointment:

- After your procedure, YOU WILL NOT BE ALLOWED TO DRIVE or WORK until the following day.
- You must arrange to have a responsible adult (18 years or older) to drive you home after your procedure. You may take a cab, Uber, Metro or bus ONLY if you are accompanied by an adult you know.
- Walking home or using any type of public transportation by yourself is not permitted; however, a certified Medical-Transportation company may be utilized. These companies are certified to transport patients after use of sedation. A list of frequently used companies in our area is included in your instruction packet.
- The anticipated discharge time will be 2-2.5 hours from your arrival time
- Please bring your insurance card, Photo ID and current medication list with you. Leave all valuables at home. If you use a C-pap machine and or an Inhaler, you must bring it with you.

7 days before your procedure:

- **Avoid eating raw vegetables, corn, popcorn, nuts and seeds (including seeds in fruits & vegetables).** These food times can sometimes linger in your colon and are somewhat difficult to clean out.
- We encourage you to contact your insurance company and discuss your benefits pertaining to your procedure.

MEDICATION RESTRICTIONS

7 days before your procedure: Discontinue Phentermine or any other weight loss drugs.

5 days before your procedure: Discontinue all Anti-Inflammatories/NSAIDS.

- Low dose/baby aspirin is ok to take unless instructed by our office.
Anti-inflammatory meds are: Most over the-counter pain relievers such as Ibuprofen, Aleve, Advil, Motrin, etc.

DISCONTINUE ALL BLOOD THINNERS IS REQUIRED PRIOR TO YOUR PROCEDURE

- **You MUST contact the prescribing doctor and obtain approval before you discontinue your blood thinner. DO NOT discontinue your blood thinner without the consent/approval of your prescribing doctor!!!**

Blood thinner meds are: Coumadin, Plavix, Warfarin, Eliquis, Effient, Xarelto, Pradaxa, Aggrenox, Ticlid, Persantine, etc.

- **Your doctor must tell you the exact number of days you can be off your blood thinner.**
- **You MUST contact our office if your doctor has not given you approval to stop your blood thinner.**
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- **Please notify our office if you have a Cardiac stent.**
- Tylenol can be used as needed.
- All other necessary medications and vitamins are OK to take.
- Please check with your pharmacist if you are not sure that the prescribed medication you are on is blood thinner or an anti-inflammatory.
- Diabetics: Please check with your doctor for instructions on taking your insulin or blood sugar medication as dosage may need to be adjusted for the day you are required to stay on clear liquids.

HELPFUL HINTS

- Hydration is very important. You must drink at least 32 ounces of fluids throughout the day before and during the day you are required to stay on clear liquids
- You may drink solution through a straw. This will help to avoid tasting the solution.
- If you experience nausea, slow down your pace and/or take short breaks
- To cleanse your pallet, you may suck on lemon/lime slices while drinking the solution

- Pick up some medicated wipes such as Tucks or adult wet wipes with aloe and vitamin E and any skin soothing product such as Vaseline or Desitin as you're going to be experiencing high volume of diarrhea.
- Arrange for the time and privacy you need to complete the prep with as little stress as possible. Clear your schedule, and be at home on time to start your prep. If you have young children or if you are responsible for anyone who needs special attention, have someone else be available to them while you're indisposed.

Medical Transportation Service List

Here is a list of companies in the area that can provide ride home services. This list is compiled to assist patients who are not able to arrange a ride home with someone they know. You can use any other ride service company as long as it is certified to transport patients after use of sedation.

Please note:

- You are allowed to take a Cab/Uber, Metro or Bus Service to get to the facility as this is prior to sedation.
- You may also take Cab/Uber, Metro or Bus Service after your procedure/sedation only if accompanied by an adult who you personally know.
- Please be prepared to provide information on your ride service upon check-in of your procedure. Your discharge/pick-up time will be approximately 2-2.5 hours from time of arrival.

Buckley's	(703) 390-0535	MML Medical Transport	(800) 550-1025
Chariots on Call	(703) 822-7991	MTS Transportation	(866) 644-2195
Friendly Ride	(703) 341-6542	Nursing Referral Service	(703) 442-0229
Home Helpers	(703) 310-6449	Visiting Angels	(703) 291-1262

Reference to the ride service provided by the above companies are for information and convenience to our patients, and does not constitute endorsement, recommendation, or favoring of any of the ride services. The services provided by these companies are between the patient and the ride company.