



Linda Tong, M.D. AGAF Poonputt Chotiprasidhi, M.D. Ahmad Cheema, M.D.

# Osmo Prep Instructions

PLEASE BE ON TIME!

Appointment Day:

Date:

Arrival Time:

DIABETIC  
YES / NO

INR  
YES / NO

Location: Regional SurgiCenter 545 Valley View Dr. Moline, IL 61265

## YOUR PREP IS THE KEY TO A SUCCESSFUL COLONOSCOPY

A bowel prep is done to clear the bowel of all solid matter. You may need to get to the toilet right away. You will have many bowel movements after you start your prep. They will become very watery. The bowels are clear or clean when there is only pale-yellow fluid **without** flecks of stool.

**Please follow these instructions.**

**A Prescription for Osmo Bowel Kit has been sent to your pharmacy.**

- Osmo Bowel Kit contains 32 tablets
- You must complete the entire prep to ensure the most effective cleansing.

**Stop Blood Thinner/Anti-Coagulant,**

**, on**

### 5 Days Before your Procedure

- Stop arthritis pills and anti-inflammatories such as: Ibuprofen, Advil, Motrin, Aleve.
- Stop eating popcorn, berries, nuts and seeds.
- Ask your doctor if you should take any of your medicines the morning of your test. If so, take with sips of water only.

### 1 day before your procedure

- Do not eat any solid food or milk products until after the Colonoscopy.
- Drink only clear liquids. **Avoid all red or purple colored liquids.**
- Water
  - Soft drinks
- Fruit Juices (no pulp)
  - Jell-O
- Popsicles
  - Kool Aid
- Gatorade / sports drinks
  - Coffee or tea (no milk or cream)
  - Clear broth or bouillon
- Take 4 tablets with 8 ounces of water every 30 minutes for 5 doses, a total of 20 pills.
- **Mark off each time you take a dose of 4 tablets: 1 2 3 4 5**
- Take 4 tablets with 8 ounces of water every 30 minutes for 3 doses, a total of 12 pills.
- **Mark off each time you take a dose of 4 tablets: 1 2 3**

If you have questions, need to cancel or reschedule, please call PHONE: 309-601-2800 · FAX: 309-601-2801



## Digestive Disease Specialists

Linda Tong, M.D. AGAF   Poonputt Chotiprasidhi, M.D.   Ahmad Cheema, M.D.

### Day of your procedure

- Take blood pressure, heart, lung and seizure medication with sips of water.
- Nothing to drink 2 hours prior to arrival time: (You may gargle, but do not swallow any liquid.)
- Do not smoke after midnight.

**\*\* Arrange to have an adult bring you to your appointment, stay there and take you home after your test\*\***

**\*\*Menstruating females will be required to give a urine sample\*\***

**\*\*Please bring this sheet and an updated medicine list\*\***

### Following your colonoscopy:

- Expect to be groggy, possibly requiring a nap.
- Bloating or perhaps abdominal pain that should improve after a few hours.
- No Driving, signing legal documents or returning to work within 12 hours after procedure.

### The day after:

- Should be able to return to normal activity, such as work and light exercise.

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