

Colonoscopy Prep Instructions-OsmoPrep

Due to concerns with sodium based preps it is required you sign a consent before you are scheduled for your colonoscopy. You must bring the signed consent with you on the day of your procedure.

You have been scheduled for a colonoscopy. A colonoscopy is the procedure during which the doctor inserts a lighted flexible endoscope and looks inside your colon to check for polyps (abnormal tissue growths) or any other abnormal areas of tissue.

Before your test there are several steps that you need to take to clean out your colon in order for the doctor to be able to see the entire colon and do the best test possible.

Your appointment is at _____ on _____

at _____ with an arrival time of _____ and is scheduled with
Dr. _____.

Please stop taking iron supplements or any multi-vitamins containing iron 7 days prior to the test. Please do not take Ibuprofen or Aleve for 5 days prior to your procedure. If you are on **ASA, Lovenox, Aspirin, Coumadin, or Plavix** and have not been instructed on what to do with these medicines contact our office immediately.

The day before your test:

No solid foods the entire day.

You are only allowed to have a clear liquid diet. This means that you are only allowed to have the following foods:

- A.) Juices: all clear juices such as apple and white grape. No orange, pineapple, tomato, grapefruit or any other juices that have pulp or are cloudy.
- B.) Beverages: coffee, tea, carbonated beverages such as Coke, Pepsi, Sprite, 7-Up, Ginger-Ale etc.
- C.) Broths: clear chicken, beef, or vegetable broth. No noodles, rice, vegetables, or creamy soups.
- D.) Desserts: Jell-O, Popsicles, slushies, snow-cones, hard candies. None that are colored red or orange.
- E.) Seasonings: Salt

Begin your 1st dose at 6pm. Take 4 OsmoPrep tablets every 15 minutes with at least 8oz of clear liquids (from list above) until you have taken 20 tablets and 40 oz of clear liquid. Tablets can be taken 1 at a time with 2 oz of fluid during the 15 minute increments. Begin your 2nd dose at 10pm taking 4 OsmoPrep tablets with 8oz of clear liquids until you have taken 12 tablets and 24oz of clear liquid. To ensure proper hydration and cleansing you **MUST** drink all the required fluids. If you do not drink all fluids you run the risk of having to repeat your procedure.

Please have nothing to eat, drink, or chew after midnight the night before your test.

The morning of the test, please do not eat or drink anything. Take scheduled medications with a sip of water prior to your test. Regarding diabetic medications, you should consult with your prescribing physician.

Please do not forget to have someone come with you that can drive you home after the test. If there is not a driver with you, your test will not be done. This person must be present during your procedure. If you have any questions about these instructions please call our office at 770-739-9555.



SODIUM PHOSPHATE BASED PREP
INFORMED CONSENT

We respect your request for a pill-based preparation for your colonoscopy. Although this medication is typically well tolerated, we are obligated to inform you there are potential side effects with this medication. There are literature reports of serum electrolyte fluctuations (movement of salt, sodium, potassium, chloride, etc.) with this type of preparation that have resulted in seizures, acute kidney failure, respiratory arrest, kidney stones, arrhythmias (irregular heart beats) and even death. Increased risks are seen in the elderly, patients with kidney problems, congestive heart failure, heart conditions, etc.

These types of preparations have been suggested to be superior in purging the colon and with tolerance. However, with the potential side effects we feel obligated that you are made aware of the risks.

Please sign and date this form below stating that you have read and understand the potential risks with this preparation.

Please bring this form with you to your colonoscopy.

Thank you,
GI Specialists of Georgia

I understand the risks associated with taking a (pill) sodium phosphate based preparation.

Signature

Date