

THE ENDOSCOPY CENTER, PLLC

SURESH K. MALHOTRA, M.D., F.A.C.P., A.G.A.F.
RONALD J BARKIN, M.D.
NISHA CHAND, M.D.

4660 KENMORE AVENUE, SUITE 810
ALEXANDRIA, VA 22304-1306
PHONE (703) 823-0333 FAX (703) 823-8611

PREPARATION INSTRUCTIONS FOR COLONOSCOPY WITH OSMOPREP – Morning Procedure

Patient name: _____ **Location:** The Endoscopy Center, Suite 810 Alexandria Hosp.

Step 1: Please read the following information regarding medications:

- If applicable, TAKE ALL BLOOD PRESSURE/HEART MEDICATIONS ON THE MORNING OF YOUR PROCEDURE with the smallest sip of water possible.
- If you are taking *aspirin, blood thinners or iron supplements*, i.e. **PLAVIX, COUMADIN**, STOP taking these THREE days before your procedure. Please ensure that you have discussed this with your physician.
- If you have diabetes, do NOT take your diabetic pills/insulin until AFTER your procedure. Bring these with you and you can take them after your procedure. Consult with doctor if you have any concerns.

Step 2: Please purchase OsmoPrep at any pharmacy-prescription is attached. Try to obtain this a couple days ahead of time.

Step 3: **The day before the procedure:** _____

Important! For the entire day before your exam, you can **not** eat anything solid. AVOID bread, rice, and any other solids. You can **only** have creamy milk products like milk, yogurt, pudding, ice cream, or milkshakes. You can also have eggs, Jell-O, hard candy, popsicles, and also clear liquids. Clear liquids include: water, coffee, tea, milk, soda, chicken or beef broth. You must have these items before 12:00 pm because after that, you will be taking the preparation and clear liquids only. **After 12:00 p.m. drink only clear liquids.**

Step 4: At 12:00pm (noon) begin taking the first regimen of pills. Take 4 tablets with 8 ounces of any clear liquid every 15 minutes for a total of 20 tablets.

Step 5: At 8:00pm begin taking the second regimen of pills. Take 4 tablets with 8 ounces of any clear liquid every 15 minutes for a total of 12 tablets.

You must complete the entire prep to ensure the most effective cleansing. Your body loses significant amounts of fluid during bowel preparation. **To prevent dehydration, make a conscious effort to drink as much clear liquids as you can before, during and after the preparation until midnight.**

DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, AFTER MIDNIGHT

Step 6: **The day of the procedure:** _____

DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, THE DAY OF YOUR PROCEDURE.

PLEASE CHECK IN AT _____ AM/PM YOUR PROCEDURE WILL BEGIN AT _____ AM/PM

*****PLEASE DO NOT BRING VALUABLES, i.e. JEWELRY, PERSONAL ITEMS TO YOUR PROCEDURE AS WE CANNOT BE RESPONSIBLE FOR THEM.*****

SINCE YOU WILL BE GIVEN IV ANESTHESIA, YOU MUST HAVE A RESPONSIBLE ADULT DRIVE YOU HOME. NO TAXIS ARE PERMITTED AND DRIVING IS PROHIBITED FOR REST OF YOUR PROCEDURE DAY.

Please have your driver pick you up in The Endoscopy Center Suite 810 / Alexandria hospital

If you have any questions after or before work hours, please call 703-823-0333 and the on-call physician will be paged.

Please see back for frequently asked questions.

Please note for Endoscopy Center Parking:

If your procedure is before 8 am, please park in the garage-Level A. This is the only way to access our building. Elevators are operational after 6:45 am and can be accessed from the parking garage. If the elevators will not go to the 8th floor, follow the instructions in the elevator that explain how to get in touch with the service that will allow access to the 8th floor.

Please note for Alexandria Hospital Parking:

Please park in the pay parking lot. You will need to check into the visitors entrance and enter through the left door for the Endoscopy Suite. If your procedure check-in time is at 7:00 am please do not arrive any earlier. The Endoscopy Suite does not open before 7:00 am.