



Osmoprep

We at Huron Gastro are happy that you and your physician have made the choice to trust us with your digestive healthcare. By scheduling a colonoscopy, you have taken the first step to preserving your health for years to come.

Oral Sodium Phosphate (OSP) products (marketed as OsmoPrep) have been associated with a rare, serious form of acute kidney injury that may result in permanent kidney function impairment and are no longer advised as "standard preps" for bowel cleansing. There are rare circumstances when a patient is either allergic to or intolerant of the standard preps and OSP products may be used as an "alternative" prep only under the supervision of a healthcare provider.

This preparation should not be taken unless you have permission from your physician.

If you have cirrhosis, congestive heart failure or kidney failure you should NOT take this prep. Instead use the Golytely prep (see website or contact us since a prescription is required).

Do not take Osmoprep if you are taking blood pressure medication, if you are on a sodium (salt) restricted diet, or if you have a seizure disorder or kidney disease. Kidney damage can occur in anyone but especially in such patients and in patients who are elderly or on chronic NSAID's.

We want your procedure to go as smoothly as possible. In order for that to happen, there are some tips we have included in this bowel prep sheet. Now, here's what to do to get ready.

3 Days Before Your Procedure

- **Purchase 32 Osmoprep tablets from your pharmacy.**
 - Remember to bring your prescription to the pharmacy. If you do not have a prescription, contact us.
 - If you do not have prescription coverage, the medication costs about \$60 to \$70. Even if you do, there will likely be a copay.

2 Days Before Your Procedure

- **Avoid nuts, seeds, and salads.**

These can make it harder for your doctor to perform an accurate exam.

1 Day Before Your Procedure

- **Follow a clear liquid diet. Drink lots of clear liquids to keep yourself well hydrated!**

A clear liquid diet includes water, (coffee only if you must; please limit coffee intake to 8 oz and must be black, no cream or non-dairy creamer), tea, soda, Gatorade, broth or clear juice like apple juice or white grape juice, popsicles, and Jello-O (no added fruit). Avoid red colors. No milk products. It is important that you drink plenty of clear liquids before, during and after bowel cleansing. Do not eat any solid food.

- **At about 5:00 p.m. begin taking your first regimen of Osmoprep tablets.**
 - Take 4 Osmoprep tablets every 15 minutes with 8 ounces of clear liquid.
 - Continue taking your Osmoprep tablets until you have gone through five 15 minute cycles. You will have consumed 20 Osmoprep pills.

Day of Your Procedure

- 5 hours before your procedure, start your second Osmoprep regimen.
 - Take 4 Osmoprep tablets every 15 minutes with 8 ounces of clear liquid.
 - Continue taking your Osmoprep tablets until you have gone through three 15 minute cycles. This time you will have taken 12 pills and you should not have any more pills left.

Overview:

3 days before	2 days before	1 day before	Day of Procedure
- Buy Osmoprep tablets with your prescription	- No nuts, seeds, salads	- Clear liquid diet only - At 5pm begin taking 4 Osmoprep tablets every 15 minutes with 8 ounces of clear liquid. 20 total pills (5 doses)	- No solid food - 5 hours before procedure take 4 Osmoprep tablets every 15 minutes with 8 ounces of water. 12 total pills (3 doses) - Stop drinking all fluids (including clear liquids and water) 4 hours before procedure

First regimen

- Take 4 tablets with 8 oz of any clear liquid every 15 minutes
- You will take a total of 20 tablets over a 1-hour period

Second regimen

- Take 4 tablets with 8 oz of any clear liquid every 15 minutes
- You will take a total of 12 tablets over a 30-minute period

Colonoscopy

Important! This exam requires that you have an empty stomach. Stop drinking all fluids (including clear liquids and water) 4 hrs before the exam (minimal sips are allowed to take your usual medications). Avoid gum and hard candy.

Medications: If you take insulin or other diabetic medicines, dosage adjustments will be provided for you. Bring your insulin with you so that you can take it after the procedure if necessary. If you are on blood thinners such as Coumadin, Plavix (clopidogrel), Pradaxa, Effient, etc., let us know at the time of scheduling because they may need to be held. All other meds should be taken at their usual time with a few sips of water. Iron supplements are usually held 5 days before the exam.

What is it and why do I need it?

Colonoscopy is an endoscopic procedure that uses a tiny camera attached to a long scope to examine the large intestine (the colon). It is most often used to screen for colon cancer with the goal of removing polyps (small growths) that could become cancerous in the future. With no family history of colon cancer, most should begin screening at age 50. Colonoscopy is also frequently used to diagnose problems associated with diarrhea, bleeding, etc.

The preparation

You must have someone at least 18 yrs old with you during the entire time including check-in, recovery, and to drive you home after the exam (a taxi or bus is not an option).

Before your colonoscopy, you must take a colon-cleansing product to clear the stool from your colon. Bowel preparation is no fun, but is very important to ensure that your physician has optimal visualization of your colon during the procedure. Careful attention to detail will help avoid the need to reschedule or repeat your exam.

Please click below (if website) or refer to the paperwork for the prep that was recommended for you for additional instructions (all but the first require a prescription):

Split-dose Gatorade Miralax prep; Golytely prep; Two-day Golytely prep; Two-day double-dose Golytely prep; Osmoprep; Prepopik prep; Suprep prep

Please read your prep instructions immediately because the preparation process begins several days before your procedure!

The risks

You will be asked to sign a consent form at the time of the exam. The risks of colonoscopy are low (under 1%), but do include bleeding (which rarely can occur days later if a large polyp is removed), perforation, infection, tearing of the lining, aspiration, spleen injury, medication reactions and heart/lung problems. If you have any concerns about these risks, please contact your physician before your procedure. You will also be able to discuss this with your physician at the time of the exam.

The procedure

The entire process, from when you arrive to when you leave, may take 2-3 hours. In the preparation area, you will be asked questions about your health history. Your procedure will take about 20 minutes and you will be sedated for it. Once you are asleep, the colonoscope will be inserted through your rectum and around the colon. Your physician will then withdraw it looking for any abnormalities that need to be biopsied, removed or treated. If polyps are found, they will be removed.

After the procedure

Most patients experience little if any discomfort. You may have a full feeling so you will be encouraged to pass gas. In the recovery unit, your physician will discuss the results with you and give you discharge instructions. You and your driver will remain in the recovery unit until your sedation has worn off to a satisfactory level. After discharge, you may resume your usual diet and light activities and return to work the following day. However, **you may not drive, make important decisions or operate machinery the rest of the day.** A report will be sent to your referring physician. If any biopsies are taken, you will be contacted with the results.

Some degree of apprehension is normal but most of our patients find the procedure to be less unpleasant than they anticipated. We will try to make your examination as comfortable as possible.

for more information visit our website at www.HuronGastro.com or call (800) 772-4659