

Colonoscopy Bowel Preparation Instructions
EMH/NEMH/EOSC

Split Dose - Osmo Prep Tablets

Elmhurst Clinic Gastroenterology

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- Your appointment is on: (*day of the week*) _____ (*date*) _____ (*arrival time*) _____ a.m/p.m
- You are scheduled to have your test done at (CHECK ONE):
 - Elmhurst Memorial Hospital: 155 E. Brush Hill Road. Park in Green Lot, East Entrance. 2nd floor, Endoscopy registration desk.
 - North Elmhurst Location: 755 N. York St. Park in main entrance, and register at front desk.
 - Elmhurst Outpatient Surgery Center/Center for Health: 1200 South York Rd. Park in Purple Lot. Go to 1st floor registration desk. **If you do not receive your arrival time the day before your procedure by 3PM, please call the Center for Health directly at 630.758.8888.**

****Please note the facility performing your procedure will contact YOU 48-72 hours prior to your date of service to instruct you on the mandatory COVID-19 testing, NOT OUR OFFICE****

NOTE: It is the patient's responsibility to check with the insurance company to see if pre-certification is required, as well as for any questions regarding benefits, & out-of-pocket costs.

Procedure Code(s): _____ Diagnosis Code(s): _____

****READ ALL OF THESE INSTRUCTIONS SEVERAL DAYS BEFORE YOUR SCHEDULED TEST DATE****

MEDICATIONS:

- You may take your usual medications, including aspirin.**
- Some Medication Exceptions:**
 - DO NOT TAKE:** Iron (ferrous sulfate/ ferrous gluconate) pills, herbal supplements, multivitamins, or diet medications (i.e. Phentermine/Vyvanse) for **7 days before exam.**
 - DO NOT TAKE:** Any form of alcohol, recreational drugs and any forms of Erectile Dysfunction medications **24 hours prior to procedure.**
- PATIENTS ON BLOOD THINNERS (ANTICOAGULANTS):** If you are on blood thinners, such as the following or any other blood thinner not listed below:
 - Apixaban (Eliquis)
 - Dabigatran (Pradaxa)
 - Edoxaban (Savaysa)
 - Warfarin (Coumadin)
 - Enoxaparin (Lovenox)
 - Heparin.
 - Rivaroxaban (Xarelto)
 - Ticagrelor (Brilinta)

○ **YOU** will need to contact your cardiologist or prescribing provider, regarding recommendations on holding these therapies prior to your scheduled procedure. This should be done **at least 2 weeks in advance**, as some medications will need to be held 5 days prior to your procedure.
- PATIENTS ON DIABETIC MEDICATIONS:** If you are on any medications to control your blood sugar, such as the following or any other diabetic medication not listed below:
 - Metformin (Glucophage)
 - Glucotrol (glipizide), Amaryl (glimepiride), Micronase (glibenclamide)
 - Starlix (natiglinide), Prandin (repaglinide)
 - Actos (pioglitazone), Avandia (rosiglitazone)
 - Januvia (sitagliptan), Onglyza (saxagliptan), Nesina (alogliptan), Tradjenta (linagliptan)
 - Trulicity, Tanzeum, Bydureon, Victoza
 - Invokana, Farxiga, Jardiance
 - Insulin/ Insulin Pump

○ **YOU** will need to contact your endocrinologist or prescribing provider, prior to your scheduled procedure for recommendations on adjustments to these therapies during the bowel prep process and the day of your procedure. This should be done **at least 2 weeks in advance**. Do not take your usual dose of insulin and oral diabetes medications. Bring your insulin with you to the exam.

****Adjustments to these therapies are to ensure your safety during the bowel prep process and procedure. Failure to contact these providers and make the necessary adjustments to your medications prior to your scheduled procedure date, may result in the cancellation of your procedure(s).****

- The following is only indicated if you are scheduled at either **ELMHURST MEMORIAL HOSPITAL OR NORTH ELMHURST** locations for your procedure. (If scheduled at Elmhurst Outpatient Surgery Center/Center for Health this does **NOT** apply to you):
 - DO NOT TAKE:** ACE Inhibitors and Angiotensin II Receptor Blockers (ARBs) night before and/or day of procedure;

Additional Instructions: _____

TWO DAYS BEFORE THE COLONOSCOPY

1. Pick up your prescription prep at your pharmacy. Call your pharmacy directly for pick up time and cost.
2. Recommended diet: meats, fish, breads, pasta, cereal, oatmeal, rice, mashed potatoes, bananas, applesauce, eggs, and canned peaches/pears.
3. **DO NOT EAT:** fruits and vegetables, corn, nuts, seeds and popcorn.

ONE DAY BEFORE THE COLONOSCOPY

1. You may have a light breakfast (banana, eggs OR toast).
2. **FOR LUNCH & DINNER, ONLY DRINK CLEAR LIQUIDS** (See below).
3. **BOWEL PREP:**
 - **START OSMO PREP TABLETS AT: 5:00 PM. Complete no later than by 8PM.**
 - **Take FIRST DOSE/FIRST HALF dose (4 tablets with 8 ounces of water every 15 minutes for a total of 5 doses (20 tablets total)).**
 - **At 9:00PM:** Take 2 simethicone anti-gas chewables or soft gels (such as Gas-X, Mylanta Gas, Maalox Anti-Gas, or similar products) with 8 ounces of clear liquid. The simethicone medication reduces bubble formation in your colon and improves exam quality.
4. If you feel nauseated or bloated when drinking, take a short break and walk around to help the liquid pass through your intestines. Make a conscious effort to stay hydrated before, during, and after the preparation.

DAY OF PROCEDURE:

1. NOTHING TO EAT, NO SOLID FOOD!

2. BOWEL PREP:

- Complete **SECOND DOSE/SECOND HALF** of bowel prep tablets.
 - **START OSMO PREP TABLETS (6 Hours Prior to procedure time) AT: _____.**
Take one dose every 15 minutes for a total of 3 doses (12 tablets).
 - **FINISH OSMO PREP TABLETS (3 Hours Prior to procedure time) BY: _____**
3. Stool must be liquid and clear without solid material in order to proceed with a successful colonoscopy.
 4. You may have **CLEAR LIQUIDS** up to 3 hours before procedure time. **If you fail to keep your stomach empty for three hours, your procedure may be CANCELLED.**

TRANSPORTATION:

Make arrangements to have someone drive you home after the procedure. You **CANNOT** use public transportation (Uber, Lyft, Taxi). The procedure(s) involves sedation, and you will not be allowed to leave unaccompanied **NO EXCEPTIONS: YOUR PROCEDURE WILL NOT BE PERFORMED.**

WHAT TO WEAR:

Wear casual clothes. Please leave jewelry and valuables at home. You may wear your dentures and eyeglasses, however these will be removed prior to the procedure. Please let the staff know that you are wearing dentures before the procedure.

WHAT TO BRING:

A picture ID, proof of insurance, list of your medications and allergies, and your referral form (if your insurance requires it).

Questions?

If you have any questions, please do not hesitate to call us at 331-221-9003. To cancel or reschedule, please contact the office **AT LEAST 5 Business days** prior to your scheduled procedure at (331)-221-9003. **

CLEAR LIQUID DIET INSTRUCTIONS

A clear liquid diet consists of most liquids you can easily see through like water, broth and plain gelatin. These are liquid at body temperature, easily digested and leave no residue in your intestinal tract

NOT ACCEPTABLE:

ANYTHING RED, BLUE , OR PURPLE IN COLOR!	Solid food	Milk or any dairy products	Tomato/Fruit juices with pulp	Alcohol
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CLEAR LIQUIDS ALLOWED:

Lemon-Lime Soda/ Sprite/ 7Up/Ginger-Ale/Club Soda	Water	Chicken/Vegetable soup BROTH	Jell-O	Italian Ice/Popsicles
Gatorade/Propel/Powerade	Black Coffee (no milk/cream)	Lemonade, Apple Juice, White Grape Juice	Tea	Hard Candy

**Diabetic Patients: Check your blood glucose level before all meals and at bedtime on the preparation day and on the day of the procedure. If at any time you have symptoms of low blood glucose or very high blood glucose, please contact your PCP or endocrinologist for further recommendations immediately. Bring your blood glucose meter, test strips, and a low blood glucose treatment with you on the day of the procedure. Make sure clear liquids have calories and not labeled as "diet."