OSMO Pill Preparation for Colonoscopy
(Morning Procedure)

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

If you are taking anticoagulants or blood thinners such as, but not limited to, Coumadin (warfarin), Plavix (clopidogrel), Persantine, Aggrenox, Effient, Pradaxa, Xarelto or Eliquis, please discuss this with your Health Care Provider. In most circumstances, these medications are temporarily discontinued prior to your procedure.

If you have questions or you need to reschedule or cancel your procedure, please call (717) 761-0930.

<table>
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<tr>
<th>Supplies:</th>
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<tbody>
<tr>
<td>1. Prescription sent to your local pharmacy.</td>
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<th>5 Days Before Procedure:</th>
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<tr>
<td>1. Do not take any ibuprofen products (nonsteroidal anti-inflammatories - NSAIDS). Tylenol (acetaminophen) is allowed.</td>
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<td>2. Do not take oral iron tablets.</td>
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<td>3. Do not consume any foods that contain seeds or nuts. These foods take longer to pass through the bowel and should be avoided.</td>
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<th>2 Days Before Procedure:</th>
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<td>1. You may eat your regular diet.</td>
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The Day Before Procedure:

1. **You will need to follow a clear liquid diet the entire day before your procedure.** We ask that you avoid dark colored clear liquids (red, purple, or dark blue). NO milk products, NO vegetables, NO breads or grains, NO meats and NO fats or oils are allowed. By rule of thumb, a clear liquid is one that can be seen through. Some examples include clear juices without pulp, clear soda, chicken or beef broth, popsicles, Jell-O, Italian ice, tea, coffee, clear hard candy, etc. **If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day.**

2. You may take your regularly prescribed medication (except for blood thinners and oral iron, as instructed by your nurse).

3. Start taking the OSMO pills as follows:
   - Dose 1 at 5:00 p.m.: Take 4 tablets plus 8 oz of clear liquids
   - Dose 2 at 5:15 p.m.: Take 4 tablets plus 8 oz of clear liquids
   - Dose 3 at 5:30 p.m.: Take 4 tablets plus 8 oz of clear liquids
   - Dose 4 at 6:00 p.m.: Take 4 tablets plus 8 oz of clear liquids
   - Dose 5 at 6:30 p.m.: Take 4 tablets plus 8 oz of clear liquids

NOTE: It is normal to feel very “full” or “bloated” during your prep. If this occurs, simply wait about 30 minutes before resuming drinking. This will likely disappear once bowel movements begin. If the vomiting resumes, please call our office at (717) 761-0930.
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Second Dose of Preparation:

1. At ______________ (6 hours prior to your colonoscopy), take:
   - Dose 1: Take 4 tablets plus 8 oz of clear liquids
   - Dose 2: 15 minutes later, take 4 tablets plus 8 oz of clear liquids
   - Dose 3: 15 minutes later (30 minutes after dose 1), take 4 tablets plus 8 oz of clear liquids

   We recognize (and apologize) that you will need to get up in the middle of the night. The proper timing, however, is necessary for an adequate preparation. If your bowel movements are not clear or pale yellow after your complete the prep, please contact our office at (717) 761-0930.

On the Day of the Procedure:

1. Do not have anything to eat.

2. Stop drinking clear liquids at _________ (4 hours prior to your procedure). No chewing gum, hard candy or chewing tobacco at least 4 hours prior to your procedure.

3. At 6:00 a.m., take any currently prescribed heart and blood pressure medications (except for blood thinners as detailed above), with a sip of water.

4. If you are diabetic: Do not take your diabetic medication (pills or insulin) the morning of your procedure. If you normally monitor your blood sugars at home, please check your blood sugar the morning of your procedure. If your blood sugar is over 150 or below 90, please contact the West Shore Endoscopy Center at (717) 975-2430. An anesthesia specialist will provide you with further instructions.

5. Please report to your appointment as scheduled. NOTE: Plan to be at the procedure center for about two to two and one-half hours.

6. A driver must come with you in order to drive you home after the procedure. You will be sedated for your colonoscopy. You may not drive or work for 12 hours after the procedure. For later afternoon procedures, drivers must be present no later than 4:00 p.m. The West Shore Endoscopy Center closes at 4:00 p.m.