DIGESTIVE ASSOCIATES OF HOUSTON, PA
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COLONOSCOPY PREPARATION WITH OSMO-PREP ® TABLETS

The following are the instructions that you will need to follow prior to your colonoscopy. Please try to follow them as closely as possible to ensure a successful procedure. It is possible that you may feel abdominal cramping, rectal discomfort, some rectal bleeding, tiredness, and headaches during the preparation. Should any of these symptoms be significant or you have concerns about them, please do not hesitate to contact us at 713-795-4444. **Failure to take this preparation as indicated below may result in a poorly cleansed colon and possible cancellation of the procedure**.

You will need: - Prescription for 32 tablets of **Osmo-Prep®**
- 4 tablets of **Dulcolax ®** (bisacodyl) - available over-the-counter at any drug/grocery store.

- At least 5 days ahead, stop Aspirin, Advil, Aleve, Celebrex Ibuprofen, Lovinox, Motrin, any iron pills or medications that contain iron. You may take Tylenol if it is necessary.
- At least 3 days ahead, stop Plavix and Coumadin.
- Let us know if you are taking blood thinners.

ONE DAY before your procedure:

- Start on a **CLEAR** liquid diet and continue clear liquids throughout the day. **Solid foods, milk, or milk product are NOT allowed!!!**
- Clear Liquids include: Water, Jell-O (not the red or purple kind), apple juice, white grape juice, clear broth, soda (any, but NO cream sodas), bouillon, coffee without cream (sugar is OK), tea, popsicles, NO alcohol!!

Follow this regimen:
At 4 PM, start taking **Osmo-Prep ® tablets** EVERY 15 MINUTES with at least 8 ounces of any clear liquid.

4:00 p.m.:	4 tablets with 8 oz. of clear liquid
4:15 p.m.:	4 tablets with 8 oz. of clear liquid
4:30 p.m.:	4 tablets with 8 oz. of clear liquid
4:45 p.m.:	4 tablets with 8 oz. of clear liquid
5:00 p.m.:	4 tablets with 8 oz of clear liquid

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TOTAL = 20 tablets

THE DAY of your procedure:

Morning procedure: If your procedure is scheduled in the morning, you may not have anything to eat or drink after midnight except for your preparation listed below.

Afternoon procedure: If your procedure is scheduled for 12:00pm or later, you may have CLEAR LIQUIDS (NO SOLID FOODS) until 8:00a.m.and follow the preparation instructions listed below.

- 3 to 5 hours prior to the procedure, take 4 tablets (total = 12 tablets) every 15 minutes with 8 oz. of clear liquid.
- Take 4 tablets of Dulcolax (generic: Bisacodyl) with 8 ounces of any clear liquid
- Nothing by mouth after finished taking the tablets with clear liquid.
- **Medications:** You may take important medications (such as heart, blood pressure, thyroid or a seizure disorder etc.) with a small sip of water on the morning of your procedure. If you are a **diabetic**, DO NOT take your diabetic medications on the morning of your procedure. Routine medications with the exception of blood thinning medications may be taken when you get home. Insulin should not be taken on the morning of your procedure.
- **Transportation:** Since a colonoscopy involves some anesthesia/sedation, you MUST have someone drive you home and stay with you during the following 4-6 hours (NO TAXI DRIVERS). They should also remain in the facility during your procedure so the physician may speak with them once you are in recovery.

Results: The medical assistant will notify you in the mail regarding your biopsy result (if taken) within 10 business days.

Dr. Raijman's medical assistant:	*Natalia: (713)795-4444 * 110*
Dr. Escalante's medical assistant:	*Daicy: (713) 795-4444 *103*
Procedure Scheduler:	*Kimberly: (713)795-4444 * 104*

If you would like to send us email, please request your web account by visiting: www.dahpa.com, go to Welcome Package tab and click my medical portfolio to request web account ID and PW.

We appreciate your efforts in helping us to help you
All of us at Digestive Associates of Houston, P.A. thank you and wish you well