



Bay Area Houston

Gastroenterology Associates

OsmoPrep Colonoscopy Prep Instructions – Dr. Marcum

You are scheduled for a **colonoscopy** on _____.

Your procedure is scheduled at Bay Area Houston Endoscopy Center located at 1015 Medical Center Blvd, Suite 1200. Arrive at: _____.

Please follow these instructions for adequate preparation for the procedure. If you have any questions, or if this time is no longer convenient, please call our office at **(281)338-2861**.

DAY BEFORE THE EXAMINATION **DATE:** _____

1. Clear liquid diet for breakfast, lunch and dinner. **NO SOLID FOODS**. Sample menu listed below.
2. Starting at **8:00am**, take **OsmoPrep** – 4 tablets every 2 hours
3. Drink 8oz of water with every dose and 64oz of water after completion of tablets.
4. Diarrhea is expected and desired from the above medication.
5. **PLEASE DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.**

DAY OF THE EXAMINATION **DATE:** _____

You will not be permitted to drive or work the day of the procedure, please make arrangements for transportation from the endoscopy center. You may not take public transportation.

PLEASE ADVISE US IF YOU ARE TAKING BLOOD THINNERS (**i.e. ASPIRIN, COUMADIN, PLAVIX**) AND YOU WILL BE GIVEN APPROPRIATE INSTRUCTIONS.

You may take heart or lung medications. Do not take insulin or other diabetic medications. Take the day off from work and do not make any major decisions this day.

Please bring your insurance card and medication list with you for registration. Please leave all jewelry, cash, and other personal belongings at home.

Sample Menu:

Beef, chicken, or vegetable broth (no noodles, veggies or meat.) Clear fruit juice: apple, white cranberry, white raspberry, white grape juices. Popsicles, Jell-O, Kool-Aid, tea, black coffee, ginger ale, Gatorade, Sprite and 7-up. **NOTHING RED. NO MILK, CREAM, ORANGE OR TOMATO JUICE.**