

DIGESTIVE DISEASE CONSULTANTS

A Division of Capital Digestive Care, LLC

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GASTROENTEROLOGY
AND HEPATOLOGY

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NAME: _____

We perform procedures at the following locations:

GIEA
15005 Shady Grove Road
Suite 200
Rockville, MD 20850
(301) 340-8099

Shady Grove Adventist Hospital
Out-Patient Surgery Center
9901 Medical Center Drive
Rockville, MD 20850
(301) 279-6000

Please **ARRIVE** at: _____ on _____
Time Date

WARNINGS

There have been rare, but serious reports of acute phosphate nephropathy in patients who received oral sodium phosphate products for colon cleansing prior to colonoscopy. Some cases have resulted in permanent impairment of renal function and some patients required long-term dialysis. While some cases have occurred in patients without identifiable risk factors, patients increased risk of acute phosphate nephropathy may include those with increased, age, hypovolemia, increased bowel transit time (such as bowel obstruction), active colitis, or baseline kidney disease, and those using medicines that affect renal perfusion or function (such as diuretics, angiotension converting enzyme [ACE] inhibitors, angiotension receptor blockers [ARBs], and possibly nonsteroidal anti-inflammatory drugs [NSAIDs]).

PREPARATION INSTRUCTIONS FOR COLONOSCOPY (OSMOPREP)

- **YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME.** You may not drive for the rest of the day once the procedure is completed. The sedation, which makes the procedure comfortable, will take time to wear off.
- Please **purchase: OsmoPrep tablets** - prescription attached
- **THE ENTIRE DAY BEFORE THE PROCEDURE, YOU MAY HAVE CLEAR LIQUIDS ONLY.** Clear liquids include coffee, tea, water-either carbonated or regular, Gatorade, all soft drinks, e.g. coke, Pepsi, ginger ale, 7-Up; all of the clear juices –apple, cranberry, grape; Jell-O or other similar gelatin; clear soups, i.e. bouillon or broth. Sugar and/or artificial sweeteners are allowed. You may continue these clear liquids up until 3 hours prior to your procedure. **NOT ALLOWED ON A CLEAR LIQUID DIET:** Milk, cream, soy milk equivalent, artificial creamer, pulpy juices like orange, grapefruit, pineapple, tomato and V-8, all NOT allowed.
IMPORTANT NOTE: If you eat Red JELL-O it may look red coming out but it is not blood.
- Drink a lot of fluids – this will keep you hydrated. Water is not the preferred clear liquid. The others listed above are better for hydration and prep. The more fluid you drink the better. The fluid itself helps clean the colon and remember – a clean colon makes this procedure safer and allows the best visibility.

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Beginning at 5pm the day before your procedure:

First Regimen

Dose 1 @ 5:00pm 4 tablets [] w/8oz Clear Liquid (see above)
Dose 2 @ 5:15pm 4 tablets [] w/8oz Clear Liquid (see above)
Dose 3 @ 5:30pm 4 tablets [] w/8oz Clear Liquid (see above)
Dose 4 @ 5:45pm 4 tablets [] w/8oz Clear Liquid (see above)
Dose 5 @ 6:00pm 4 tablets [] w/8oz Clear Liquid (see above)

Total 20 tablets

Beginning 4 hours before your procedure:

Second Regimen

4 hours before procedure 4 tablets [] w/8oz Clear Liquid
15 minutes later 4 tablets [] w/8oz Clear Liquid
15 minutes later 4 tablets [] w/8oz Clear Liquid

Total 12 tablets

YOU MAY CONTINUE TO HAVE CLEAR LIQUIDS UP UNTIL 3 HOURS PRIOR TO YOUR PROCEDURE.

**IF YOU FIND IT NECESSARY TO CANCEL OR RESCHEDULE,
PLEASE NOTIFY US WITHIN 72 HOURS OF YOUR PROCEDURE**