



COLON AND RECTAL CENTER OF ARIZONA

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A member of Arizona Associated Surgeons

Your Appointment: Check in time & Date _____

- ___ St. Joseph's Hospital Outpatient 240 W. Thomas Rd Phoenix, AZ 85013 / 602-406-3533
- ___ Boswell Hospital Endoscopy 10401 W. Thunderbird Rd Sun City, AZ 85305 / 623-832-5343
- ___ Arrowhead Hospital Outpatient 18701 N 67th Ave Glendale, AZ 85308 / 602-674-6504
- ___ Metro Surgery Center 6790 W Thunderbird Road Peoria, AZ 85381 / 623-979-1717
- ___ Arrowhead Endoscopy and Pain Management Center 18699 N 67th Ave Ste 140 Glendale, AZ 85308 / 623-376-8600

Colonoscopy Bowel Prep Instructions-**OsmoPrep tablets**

You are scheduled to have a colonoscopy, which requires a thorough cleansing of the colon prior to the procedure. **You will be given a prescription or have one called into your pharmacy for OsmoPrep 32-tablets.** The process will require that you follow the instructions listed below very carefully. If you have any problems or questions, please call our office.

- You will be on a **CLEAR LIQUID DIET ONLY STARTING THE DAY BEFORE YOUR PROCEDURE**- For breakfast, Lunch, and Dinner you may drink only clear liquids: Gatorade, tea, coffee, apple juice, white grape juice, pop, clear broth, popsicles, plain Jell-O and water. **(NOTHING THAT HAS RED OR PURPLE ARTIFICIAL FOOD COLORING) NO SOLID FOOD CAN BE CONSUMED UNTIL AFTER YOUR COLONOSCOPY**
- Take first dose of OsmoPrep tablets at **6AM day prior** Following these instructions: Take 4 tablets every 15 minutes with an 8oz glass of clear liquid until you have consumed a total of 20 tablets and 40oz of clear liquids.
- Take second dose of OsmoPrep at **6PM day prior** Following these instructions: Take 4 tablets every 15 minutes with an 8oz glass of clear liquid until you have consumed the remaining 12 tablets with 24oz of clear liquid.
- You may continue to drink liquids up until 6 hours prior to your check in time.

IMPORTANT: AFTER TAKING YOUR 1ST DOSE, YOU MUST WAIT 11-12 HOURS BEFORE TAKING YOUR 2nd DOSE.

The bowel preparation will cause you to have diarrhea – your goal is clear “stools” with little or no particulate matter.

DO NOT SKIP IMPORTANT MEDICATIONS! If you normally take your medications in the morning, do so with a small sip of water. **If you are having a colonoscopy through your ostomy, please bring proper supplies like extra bags, wipes, wafers etc.**

DO NOT TAKE ASPIRIN, BLOOD THINNERS, VITAMINS OR SUPPLEMENTS FOR 7 DAYS BEFORE YOUR COLONOSCOPY UNLESS YOU HAVE CLEARED THIS WITH YOUR SURGEON! YOUR PROCEDURE MAY BE CANCELLED!

If you take insulin, do not take any the morning of your scheduled procedure and monitor you glucose/sugar levels closely the day prior while doing the prep for the procedure.

Because of the anesthetics that you will be given, **you MUST arrange to be accompanied and driven home by a friend or relative after your colonoscopy.** Plan to be at the facility for at least 2 hours. You cannot drive or make legal decisions for the remainder of the day. There should be no traveling via airplane 3 days after.

If you are scheduled for a “**SCREENING COLONOSCOPY**” and the doctor finds/biopsies/removes any polyps, your colonoscopy will be automatically billed as a “**DIAGNOSTIC COLONOSCOPY**”. This may result in a higher patient out-of-pocket expense, depending on your insurance. If you do not understand this, please call the office and ask for the surgery scheduler to help explain or refer to the next page for more information.

If the doctor takes a biopsy during the exam, we will call you with the results. If you have not heard from our office within one week, please call us.

If you have any questions or concerns you may call the office at the numbers above or the surgical scheduler. After hours, the office message will refer you to an emergency contact number.

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