

## OSMO-PREP Colonoscopy Preparation

Your colonoscopy is scheduled \_\_\_\_\_ with Dr.\_\_\_\_\_.  
Check-in at the endoscopy center 1 hour prior to your exam time.

**IT IS VERY IMPORTANT FOR YOU TO CAREFULLY FOLLOW THESE INSTRUCTIONS.  
A COMPLETE COLONOSCOPY CANNOT BE PERFORMED ON AN UNCLEAN COLON!**

**DON'T FORGET TO FILL YOUR PRESCRIPTION FOR OSMO PREP TABLETS AT YOUR PHARMACY**

### 5 DAYS PRIOR TO YOUR EXAM:

- Ideally, anti-clotting medications are stopped 5 days prior to your colonoscopy to reduce the risk of bleeding during or after your procedure. If you take anti-clotting medications such as **Coumadin, Plavix, Pradaxa, Effient, Brilinta, or Xarelto, then** please discuss these medications with the prescribing physician (i.e. cardiologist, neurologist, or primary care provider). You are on these medications for an important clinical reason (*i.e. heart disease, cardiac stent, atrial fibrillation, stroke, mechanical heart valve, history of blood clots*). **Please let us know if you are not allowed to stop these medications** or if you are advised to use *Lovenox* or *Heparin* prior to your colonoscopy.
- If you have diabetes, your primary care provider will advise you how to manage your medications prior to the colonoscopy (i.e. insulin).

### 3 DAYS PRIOR TO YOUR EXAM:

- Avoid nuts, seeds, whole wheat bread, beans, corn, raw vegetables or fruits with seeds or skin, as they may adversely influence the quality of your exam.

### 2 DAYS PRIOR TO YOUR EXAM:

- You may eat a regular dinner, but **stop eating solid foods after 7:00 pm.**
- You may continue to drink clear liquids. This means liquids you can see through such as apple juice, water, Sprite, Jell-O, coffee (no creamer), tea, clear chicken or beef broth, clear Gatorade/Powerade, or Crystal Light. Please do not have milk or pulp products. Avoid anything with red dye.

### 1 DAY PRIOR TO YOUR EXAM:

- **Restrict your diet to clear liquids. No solid food until after the procedure. Stay hydrated!**
- At 5:00 pm begin taking 4 OSMO Prep tablets with a full 8 oz glass of any clear liquid every 15 minutes for a total of 5 doses (**20 tablets**). Make a conscious effort to drink plenty of clear liquids before, during, and after taking your Osmo Prep.

Drink at least 24 ounces of liquids before going to bed. You may drink liquids throughout the night and up to 2 hours prior to your procedure. You may continue to drink clear liquids or water to stay hydrated.

**THE DAY OF YOUR EXAM:**

- **Remember not to have any food until after your procedure!**
- At least 4-5 hours before your scheduled procedural arrival time, begin taking 4 tablets every 15 minutes with a full 8 oz glass of water for a total of 3 doses (**12 tablets**). This may require you to get up in the middle of the night, if you have an early morning exam.
- •You may have *only* clear liquids up until **3 hours** prior to your procedure start time (2 hours before your endoscopy-lab arrival time). We must insist on this "nothing by mouth" time for patient safety. Do not have anything by mouth after this point, as your stomach must be completely empty at the time of the procedure.
- If you have diabetes, test your blood sugar before coming in for your exam and bring the reading with you. If you take oral medications for your diabetes, don't take them the morning of your procedure *unless otherwise instructed by your doctor*. If you take *insulin*, take only ½ of your usual morning dose and bring the insulin with you to the procedure.
- You may take your usual medications (i.e. for blood pressure). Any medications taken the day of your procedure may be taken with a small sip of water, **AT LEAST 2 HOURS PRIOR TO YOUR ARRIVAL TIME.**

**OTHER INFORMATION:**

- You must have someone available to drive you home after your colonoscopy. If you are planning to take a taxi home, then a friend or family member must accompany you. Plan on spending 2-3 hours at the facility.
- You may receive up to 4 separate bills: 1-facility, 2-physician, 3-pathology, 4-anesthesia.
- Wear comfortable clothing. Bring your glasses, hearing aids, insurance cards and completed information forms, if applicable. Avoid bringing valuables. We will expect payment of co-pays, co-insurance and deductibles at the time of service.
- If you must cancel or reschedule your procedure, then you must give notice 2 full business day in advance. Failure to do so will result in a \$100 cancellation fee.
- Additional information is available on our website: [www.utahgastro.com](http://www.utahgastro.com).

**YOUR PROCEDURE IS SCHEDULED AT THE FOLLOWING TIME AND PLACE:**

○ **Davis Hospital & Medical Center**

1600 Antelope Drive, Layton, UT - (801) 807-7034  
Use the ER Entrance.

○ **Intermountain Alta View Endoscopy**

North Specialty Center, 9450 S. 1300 East, Sandy, UT  
Call (801) 442-8600 to pre-register 1-2 days prior to your procedure.

- **Intermountain LDS Hospital**  
8th Avenue & C Street, Salt Lake City, UT  
Endoscopy is located on the first floor. Free valet parking is available.  
Call (801) 314-4395 to pre-register 1-2 days prior to your procedure.
- **Intermountain Medical Center**  
5121 South Cottonwood Drive, Murray, UT - (801) 507-3262  
Check in at the Eccles Outpatient Building, Level 2. Free Valet Parking Available.  
Call (801) 442-8600 to pre-register 1-3 days prior to your procedure.
- **Lakeview Hospital**  
630 E Medical Dr., Bountiful, UT - (801) 299-4657  
South entrance, Same Day Surgery registration.
- **Lakeview Endoscopy Center**  
620 E Medical Dr., Suite 200, Bountiful, UT - (801) 299-6760  
Call the day before your procedure to pre-register.
- **Mountain West Endoscopy Center - Old Mill Medical Building**  
6360 S. 3000 E., Suite 320, Salt Lake City, UT - (801) 944-3166  
Call the day prior to your procedure to pre-register.
- **Riverton Hospital**  
3741 W. 12600 S., Riverton, UT - (801) 442-8600  
Call the day prior to your procedure to pre-register.
- **St. George Endoscopy Center**  
368 E Riverside Dr., St. George, UT - (435) 674-3505
- **St. Mark's Hospital Endoscopy**  
1200 E. 3900 S., Salt Lake City, UT - (801) 269-7140  
Call (801) 268-7341 to pre-register 1-2 days prior to your procedure. Check-in at the registration desk inside the main entrance of the hospital.
- **Wasatch Endoscopy Center (WEC)**  
1200 E. 3900 S., #1B, Salt Lake City, UT  
WEC is located in the central medical building of St. Mark's Hospital.  
Call (801) 281-3657 to pre-register 1-2 days prior to your procedure. Enter through the canopied "Emergency" entrance on the north side of the hospital. Wasatch Endoscopy Center is the first door on your left.