



SAN JOSE GASTROENTEROLOGY
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INSTRUCTION FOR COLONOSCOPY – OSMOPREP PILLS

For the best possible examination, please follow the instructions below carefully.

1. Avoid taking Iron pills one week prior to your procedure.
2. Obtain 1 bottle of OsmoPrep (32 pills):
3. **One day prior to your procedure:**
 - Limit your diet to clear liquids such as Jell-O (Avoid Red Color), 7-up, ginger ale, clear broth, apple juice or water.
 - 6:00 PM: take 4 pills of OsmoPrep with 8 oz of water, ginger ale, apple juice, gatorade or soft drink every 15 minutes, for a total of 20 pills.
4. **On day of your procedure:**
 - 3 hours prior to procedure time: take 4 pills with 8 oz of water, ginger ale, apple juice, gatorade or soft drink every 15 minutes for a total of 12 pills.
5. **Medications:**
 - You may take your heart and blood pressure medications with small sips of water only.
 - **DO NOT** take your diabetic medications or inject insulin on the day before procedure. You can resume your diabetic medications the same day after procedure. If you feel hungry or thirsty, you may have small glass of clear liquid drinks 6 hours prior to procedure.
 - STOP the following medications: Aspirin Coumadin Plavix
 Check with physician if you have any questions.

It is imperative that you have someone accompanying and driving you home after your procedure as you will be drowsy and your reflection is impaired due to sedative and pain medications given during the procedure. If you are working, please plan to take the day off.

If you have any questions regarding these instructions or the Colonoscopy procedure, please don't hesitate to contact our center or your doctor's office. Also, if you need reschedule or cancel your appointment, please let us know 72 hours in advance prior to the date of the examination. **408-347-9005.**

Thank you.

Important Notes:

- follow the above bowel prep instruction
- leave the jewelry and valuable items at home
- need someone to drive you home

***** Please note, the safety of our patient is very important to us, if you do not have a person to drive you home on the day of your procedure, we reserve the right to cancel your appointment.**

***** Please do not leave children unattended during your procedure. We cannot provide care for the children and are not held responsible for any injury or accident that may occur. Thank you for your cooperation.**