

**Bryn Mawr Medical Specialists Endoscopy Center
OsmoPrep Colonoscopy Preparation**

Appointment Date: _____ **Arrival Time:** _____

7 Days Prior	5 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Arrange a ride. You will be sedated for this procedure & <u>must</u> have an escort, over the age of 18, to drive you home. You are <u>not</u> permitted to take a cab or Uber home, unless you are accompanied by a responsible adult (family or friend).</p> <p>Please make necessary arrangements or speak with our office regarding ride concerns.</p> <p>You are not permitted to drive, work, exercise, operate equipment or drink alcohol for the remainder of the day, after your procedure.</p> <p>If you are diabetic, please inform your Primary Care Physician or Endocrinologist about your scheduled procedure and discuss your diabetic medications. Adjustments to your medications must be made.</p>	<p>Stop taking the following medications: Vitamins, Herbal Supplements, Ibuprofen (Advil, Motrin) or Aleve.</p> <p>If you take Aspirin as requested by a cardiologist: <u>DO NOT</u> stop Aspirin</p> <p>If you take Aspirin for general health and not because of cardiac reasons: <u>DO</u> stop Aspirin</p> <p>If you take blood thinners, such as Coumadin or Plavix, <u>carefully follow</u> the instructions, provided at the time of scheduling, regarding need to hold them. You may be asked to contact your cardiologist for <u>special instructions</u> to hold blood thinners.</p> <p>Check with your insurance company for the following: -Benefits -Deductible -Co-Pay for outpatient surgery Co-Pays and deductibles are paid the day of your procedure.</p>	<p><i>*Last Chance to cancel your procedure without a \$100 cancellation fee: physician office (610) 525-9570.</i></p> <p>Review upcoming dietary needs for the next 2 days.</p> <p><u>Purchase the following:</u></p> <p><u>OsmoPrep</u> Prescription</p> <p><u>Dulcolax laxative 5 mg. tablets (Bisacodyl-generic)</u> You'll need 4 tablets. Sold over the counter.</p> <p><u>2 Fleets Enemas</u></p> <p><u>A&D ointment (if desired)</u></p> <p>Stop eating nuts, seeds and berries.</p>	<p>Drink at least 8 glasses of water throughout the day.</p> <p>Begin a “Low residue Diet” today (see handout).</p> <p>Remember to fill out your online health history from the link sent to your email address. If you do not have access to email or have trouble accessing it, a nurse will call you 1 day prior to your appointment and take your health history over the phone. Please allow time for this phone call.</p> <p>Bryn Mawr Medical Specialists Endoscopy Center is located in Suite 330 of the <u>Bryn Mawr Medical Arts Pavilion</u> at 825 Old Lancaster Road, Bryn Mawr- <u>NOT</u> at Bryn Mawr Hospital</p>	<p>Start “Clear Liquid Diet” (see handout).</p> <p>No red or purple clear liquids.</p> <p>Prior to starting the prep: you may apply A&D ointment to your anus to protect skin from irritation. You may continue to apply A&D ointment after bowel movements</p> <p><u>18 Hours</u> prior to your exam take four (4) Bisacodyl (Dulcolax) tablets and take a Fleet enema as directed.</p> <p><u>17 Hours</u> prior to your procedure begin prep. Take 4 OsmoPrep tablets with 8oz. of clear liquids every 15 minutes. Do not exceed 20 tablets. Remain close to the toilet facilities.</p> <p>If you vomit or have difficulty with the bowel preparation, please call the Physician on call: (610) 526-0881.</p>	<p>Take your heart and blood pressure medications by 6am with a small sip of water.</p> <p>Morning of your procedure, if your bowel prep results <u>aren't clear</u>, take a Fleet enema as directed. If the results from the prep <u>are clear</u>, follow the next step.</p> <p><u>5 Hours before exam</u> take 4 OsmoPrep tablets with 8oz. clear liquids, 15 minutes later, take the last 4 tablets with 8oz clear liquid. Note: No other fluids are to be consumed after this last dose of prep.</p> <p>Be sure to bring your current insurance card and photo ID with you.</p> <p>Your driver must be present at time of discharge.</p>