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# Colonoscopy Preparation

## Instructions:

### OsmoPrep

NAME: \_\_\_\_\_

PROCEDURE: \_\_\_\_\_

ENDOSCOPIST: \_\_\_\_\_

DATE OF PROCEDURE: \_\_\_\_\_

FACILITY ARRIVAL TIME: \_\_\_\_\_

**Please note: A \$50.00 cancellation fee will be charged for all procedures cancelled with less than Two (2) business days notice.**

**Please refer to separate KBEC *Patient Instruction Packet* for important procedure, facility and billing information.**

Further information about Kips Bay Endoscopy Center (KBEC) may be found at:  
[www.kipsbayendo.com](http://www.kipsbayendo.com)

## Bowel Preparation for Colonoscopy with OsmoPrep

Colonoscopy is a routine, generally safe, pain-free procedure used to examine the colon. These are the steps that you must take before the procedure to ensure the highest level of safety and effectiveness.

1. Make arrangements to have someone drive you home after the procedure. Colonoscopy involves sedation, and you will not be allowed to leave the facility unaccompanied.
2. Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure.
3. Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during, and after the preparation.



 **OsmoPrep**<sup>™</sup>  
(sodium phosphate monobasic monohydrate, USP  
and sodium phosphate dibasic anhydrous, USP) Tablets  
**Reliable Tolerable Tablets**

*OsmoPrep*<sup>™</sup> (sodium phosphate monobasic, USP and sodium phosphate dibasic anhydrous, USP) Tablets are indicated for cleansing of the colon as a preparation for colonoscopy in adults 18 years of age or older. Considerable caution should be advised before OsmoPrep Tablets are used in patients with severe renal insufficiency, congestive heart failure, ascites, unstable angina, gastric retention, ileus, acute obstruction or pseudo-obstruction of the bowel, severe chronic constipation, bowel perforation, acute colitis, toxic megacolon, gastric bypass or stapling surgery, or hypomotility syndrome. Use with caution in patients with impaired renal function, patients with a history of acute phosphate nephropathy, patients with a history of seizures or at higher risk of seizure, patients with higher risk of cardiac arrhythmias, known or suspected electrolyte disturbances (such as dehydration), or people taking drugs that affect electrolyte levels. Patients with electrolyte abnormalities such as hypernatremia, hyperphosphatemia, hypokalemia, or hypocalcemia should have their electrolytes corrected before treatment with OsmoPrep Tablets. OsmoPrep is contraindicated in patients with a known allergy or hypersensitivity to sodium phosphate salts or any of its ingredients. In clinical trials, the most commonly reported adverse reactions (reporting frequency >3%) were transient and self-limited abdominal bloating, nausea, abdominal pain, and vomiting. It is recommended that patients receiving OsmoPrep Tablets be advised to adequately hydrate before, during, and after the use of OsmoPrep.

## COLONOSCOPY PREPARATION WITH OSMOPREP

### THE DAY BEFORE YOUR COLONOSCOPY

- Drink only clear liquids throughout the day. You **may not** have any solid or soft food. Milk or other dairy products are also **not allowed**. Please avoid red or purple clear liquids.

Clear liquids are those you can “see through”.

Examples include:

- ✓ Water
- ✓ Strained fruit juice without the pulp
- ✓ (apple, white grape)
- ✓ Tea without milk or creamer
- ✓ Clear broth or bouillon
- ✓ Ginger ale
- ✓ Lemon-lime soda
- ✓ Lemonade
- ✓ Sports drink (eg, Gatorade)
- ✓ Kool-Aid or other fruit flavored drinks
- ✓ Plain Jell-O without added fruit or toppings
- ✓ Ice Popsicles

- The following is the schedule for using OsmoPrep:

#### Beginning approximately 5:00pm:

##### Step 1 (refer to illustration)

Take 4 tablets with 8 oz of any clear liquid every 15 minutes

You will take a total of 20 tablets over a 1-hour period

#### Step 1



### THE DAY OF YOUR COLONOSCOPY

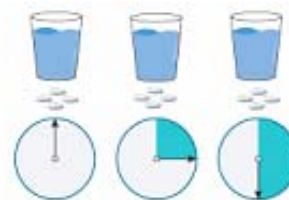
#### Beginning approximately 3-5 hours before your colonoscopy:

##### Step 2 (refer to illustration)

Take 4 tablets with 8 oz of any clear liquid every 15 minutes

You will take a total of 12 tablets over a 30-minute period

#### Step 2



- **If your colonoscopy is scheduled for the morning, do not eat or drink anything (other than the preparation) after midnight. If your colonoscopy is scheduled after 1:00pm, you may have a small quantity of clear liquids in the morning until 9:00am.**