



GASTROENTEROLOGY &
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PREPARING FOR YOUR COLONOSCOPY USING OSMOPREP

DIET AND PREP INSTRUCTIONS

* You can purchase your prep at any pharmacy. Please try to obtain this a few days prior to your appointment.

The day before the procedure

Important! For the entire day before your exam, you **cannot** eat anything solid. AVOID dairy, bread, rice, and any other solids.

You can have eggs, Jell-O, hard candy, popsicles, and also clear liquids. Clear liquids include: water, coffee or tea- you may use sugar but please do not add milk, cream, or non-dairy creamer, soda, and broth (chicken, beef, fish or vegetable flavor). You must have these items before 12:00 noon because after that, you will be taking the preparation and clear liquids only. **After 12:00 noon drink only clear liquids.**

Step 4: At 12:00 noon begin taking the first regimen of pills. Take 4 tablets with 8 ounces of any clear liquid every 15 minutes for a total of 20 tablets.

Step 5: At 8:00pm begin taking the second regimen of pills. Take 4 tablets with 8 ounces of any clear liquid every 15 minutes for a total of 12 tablets.

You must complete the entire prep to ensure the most effective cleansing. Your body loses significant amounts of fluid during bowel preparation. **To prevent dehydration, make a conscious effort to drink as much clear liquids as you can before, during and after the preparation until midnight.**

DO NOT EAT/DRINK ANYTHING, INCLUDING WATER, AFTER MIDNIGHT

*If you have any specific questions regarding your diet or medications; please do not hesitate to call our office on 703-823-0333. To ensure your questions are answered in a timely manner press option 2 (Appointments) for a live person (Monday-Friday, 9am-5pm only). For any queries or concerns before or after business hours call the main number and an on-call physician will be paged.

The day of your procedure:

DO NOT EAT/DRINK ANYTHING, INCLUDING WATER, before your procedure.

BEFORE STARTING YOUR PREP:

1. If you are taking any **blood thinners** (like Plavix or Coumadin) or **Anti-Inflammatory medications** (like baby aspirin, Celebrex, Naproxen, or Ibuprofen) or **Iron Supplements**; it will be necessary for you to STOP taking these medications THREE DAYS before your procedure. Please ensure that you speak to the doctor who prescribed the medication to ensure it is safe for you to stop taking them.
2. **You will need to take all blood pressure and heart medications on the morning of your procedure with the smallest sip of water possible.** If you take these medications at night; please take them as normal.
3. If you are DIABETIC; please DO NOT take your medication (pills or insulin) until AFTER your procedure. Bring them with you to take when the procedure is finished. Please consult with your doctor if you have any concerns.
4. If you are having any flu-like symptoms, including fever, cough, or congestion, please call our office BEFORE you start your preparation.

VERY IMPORTANT: Your safety is our utmost concern, therefore: **SINCE YOU WILL BE GIVEN IV ANESTHESIA, YOU MUST HAVE A RESPONSIBLE ADULT TO DRIVE YOU HOME.**

NO TAXIS WILL BE PERMITTED AND DRIVING IS PROHIBITED FOR THE REST OF YOUR PROCEDURE DAY. NO EXCEPTIONS WILL BE MADE. Our front desk staff is happy to provide you with contact information for trusted and insured third-party driving service(s) if needed.

For ENDOSCOPY CENTER PARKING (our office): If your procedure is before 8:00am; please park in the Parking Garage level A and take the elevator to the 8th floor.

For the ALEXANDRIA HOSPITAL: Head toward the Main Visitor's Entrance and as you get closer there is a separate door to the left-this is the Endoscopy Center. Take that door. If your check-in time is at 7am, please do not arrive any earlier.