

## OFFICE INFORMATION

Windham Surgical Group  
162 B Mansfield Avenue  
Willimantic, CT 06226

Procedure date:

Arrival time:

Call 423-5000 after 2:00pm on \_\_\_\_\_

Location: Ambulatory Care Unit (ACU)  
Windham Hospital – 2<sup>nd</sup> Floor

# Bowel Preparation for Colonoscopy with OsmoPrep



Colonoscopy is a routine, relatively safe, and pain-free procedure used to examine the colon. There are steps that you, the patient, 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 unaccompanied.
- 2 Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure.**
- 3 Finish the entire bowel prep regimen as described on the following page.**

OsmoPrep is available at most retail pharmacy outlets. If your pharmacy does not have OsmoPrep in stock, it can be ordered and delivered within 24 hours.

**OsmoPrep**  
(sodium phosphate monobasic monohydrate, USP  
and sodium phosphate dibasic anhydrous, USP) Tablets  
**The Tablet Prep**

Rx only

[www.TabletPrep.com](http://www.TabletPrep.com)

### SAFETY CONSIDERATIONS

OsmoPrep 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.

Please see accompanying full Prescribing Information for OsmoPrep.

# OsmoPrep Dosing

OsmoPrep dosing for bowel preparation is a series of 2 regimens of tablets taken with a clear liquid of your choice.

<p><b>Beginning at</b> <u>2:00pm</u></p> <p><b>First Regimen</b> One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets)</p> <p>2:00pm 2:15pm 2:30pm 2:45pm 3:00pm</p>	<p><b>Beginning at</b> <u>8:00pm</u></p> <p><b>Second Regimen</b> One dose every 15 minutes for a total of 3 doses (12 tablets)</p> <p>8:00pm 8:15pm 8:30pm</p>
<p>Clear liquids include water, ginger ale, apple juice, Gatorade<sup>®*</sup>, lemonade, and broth. No red or purple liquids. Ask your doctor if you have any questions about whether a particular drink is acceptable.</p>	
<p><b>You must complete the entire prep to ensure the most effective cleansing.</b></p>	

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.**

- Notes: Two Days Before Colonoscopy: Avoid high-fiber foods, such as raw vegetables, corn, beans, nuts
- One Day Before Colonoscopy: Take only a clear liquid diet throughout the day until midnight – NO FOOD
- The Day Of Colonoscopy: Nothing by mouth

If you have any questions, please call our office at 423-5000.



\*Gatorade is a registered trademark of Stokely Van Camp, Inc., Chicago, Ill.