

**JATINDER S. SEKHON, M.D.**  
**SUSAN H. BARTON, M.D.**

10110 Molecular Drive, #109, Rockville, MD 20850  
(301) 417-9528

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

We perform procedures at the following locations:

**Advanced Surgery Center, LLC**  
10110 Molecular Drive  
Suite 100  
Rockville, MD 20850  
(301) 838-0437

**Shady Grove Adventist Hospital**  
Out-Patient Surgery Center  
9901 Medical Center Drive  
Rockville, MD 20850  
240-826-6000

Please **ARRIVE** at: \_\_\_\_\_ on \_\_\_\_\_  
Time Date

**PREPARATION INSTRUCTIONS FOR COLONOSCOPY**  
(OsmoPrep)

- STOP COUMADIN/WARFARIN or PERSANTINE (Dipyridamole) THREE (3) DAYS PRIOR TO YOUR PROCEDURE**
- DO NOT TAKE ASPIRIN SEVEN (7) DAYS BEFORE THE PROCEDURE OR ANY NSAIDS (Advil, Motrin, Ibuprofen, Aleve, etc)**
- STOP PLAVIX FOUR (4) DAYS PRIOR TO YOUR PROCEDURE**

**YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME.** You may not drive for the rest of the day once the procedure is completed. The sedation, which makes the procedure comfortable, will take time to wear off.

**YOU WILL NEED TO FILL YOUR PRESCRIPTION:**

You will receive a prescription to obtain **OsmoPrep** bowel prep from your local pharmacy.

**THE DAY BEFORE THE PROCEDURE:**

1. Do NOT take any diuretics (water pills) the day before or day of the procedure.
2. No solid foods after 8:00 a.m.
3. Start a clear liquid diet after 8:00 a.m.

**Clear liquids include:**

Coffee, tea, water-either carbonated or regular, Gatorade, all soft drinks, e.g. coke, Pepsi, ginger ale, 7-Up; all of the clear juices –apple; Jell-O or other similar gelatin; clear soups, i.e. bouillon or broth. Sugar and/or artificial sweeteners are allowed.

**NOT ALLOWED ON A CLEAR LIQUID DIET:** Milk, cream, soy milk equivalent, artificial creamer, pulpy juices like orange, grapefruit, pineapple, tomato and V-8, all NOT allowed.

**Avoid any drinks, jello, ices with artificial red, purple, green or orange coloring.**

4. **Begin your first dosing regimen at 6:00 p.m the evening before your exam.** Take 4 tablets with at least 8 ounces of clear liquids every 15 minutes until you have completed taking 20 tablets.
5. **Begin your second dosing regimen 3-4 hours before the exam.** Take 4 tablets every 15 minutes with at least 8 ounces of clear liquids until you have completed taking 12 tablets.

**\*\*Bowel movements should begin about 1 hour after drinking the first glass. They will continue for several hours after you finish drinking the last glass. By then, the stool should be liquid and clear.**

**THE DAY OF THE PROCEDURE:**

1. Nothing by mouth until after the procedure. (If the procedure is scheduled for 2:00 p.m. or later, you may drink clear liquids until 9:00 a.m.)
2. You should **take your blood pressure medications** up to 3 hours before the procedure with a sip of water unless otherwise instructed by your physician.
3. If you take diabetic medication, **do not take it the night before or the morning of your procedure.**
4. Bring to your appointment all inhalers that you may have.
5. On the day of your procedure, please do not wear perfume, cologne, or scented powders.

***PLEASE NOTE: IF YOU NEED TO CHANGE OR CANCEL YOUR PROCEDURE, PLEASE CONTACT US AT LEAST 48 HOURS PRIOR TO YOUR SCHEDULED APPOINTMENT OR YOU MAY BE SUBJECT TO A \$100 CANCELLATION FEE.***



**HELPFUL HINTS**

- ✔ Try a soft toilet tissue or pre-moistened bathroom wipe to prevent soreness from wiping.
- ✔ If you experience anal irritation and burning because of the diarrhea induced by the bowel preparation, we recommend using Tucks or any brand of baby wipe followed by a generous application of Vaseline petroleum jelly to the external anus after each watery bowel movement.
- ✔ You may want to place some light reading material in the bathroom.
- ✔ Feelings of bloating, abdominal fullness, and nausea are common. This is temporary and will subside.
- ✔ If any problems or questions arise, please call our office at (301) 417-9528.