



Walter Reed
National Military
Medical Center

Patients receiving sedation

MUST HAVE

Adult Escorts

PRESENT

at check-in

or

your procedure

Will be Cancelled.

OsmoPrep

Optical Colonoscopy Instructions

PROCEDURE DATE

ARRIVAL TIME (Not Procedure Time)

PURPOSE OF COLONOSCOPY:

- (A) Abnormalities can be visualized and further information obtained by taking a biopsy.
- (B) A diagnostic exam that allows the physician to carefully examine the lining of the large intestine or colon with a flexible tube equipped with a light and a camera.
- (C) A therapeutic exam in that if a polyp is found, it will be removed.

LENGTH OF TIME Preparation Time ½-1 hour; Procedure ½-1 hours; Recovery ½-2 hours=**2-4 Hours**

GENERAL INSTRUCTIONS

You will receive sedation for your procedure and will not be able to drive yourself home after the procedure. You must have a responsible adult accompany you home. Please have your responsible adult available to discuss your discharge instructions prior to your discharge. You will not be permitted to use any form of military or public transportation after your procedure if you are unaccompanied by an adult. Bus, taxi or shuttle drivers do not fulfill the requirement of a responsible adult. **YOUR PROCEDURE WILL BE CANCELLED IF YOUR ADULT ESCORT DOES NOT ARRIVE WITH YOU AT THE CHECK-IN DESK. AT A MINIMUM YOU SHOULD PLAN FOR 3 – 4 HOUR WAIT AND YOUR DRIVER SHOULD NOT LEAVE THE HOSPITAL GROUNDS.**

Your Designated Driver must arrive with you or your procedure may be cancelled.

1. **It is recommended that females of childbearing age have a urine pregnancy test done within 72 hours prior to the procedure. Menopause is defined as last period was more than 12 months ago; if your last period was more recent, please submit a pregnancy test. It can be done in the WRNMMCB lab 1 hr before your appointment time. The lab opens at 0700.**
1. You may take Tylenol (acetaminophen), Motrin or Aspirin if you need a pain reliever. Formerly, we asked patients to stop Aspirin before their procedures. This is no longer necessary.
2. Oral iron or fiber supplements (such as Metamucil, Citrucel, Fibercon) should be discontinued **5 days** prior to the exam. Please check with your physician for any substitutes.
3. Heart and blood pressure medications should be continued and taken the morning of the exam. Check with your physician regarding other medications, especially insulin, if you are diabetic. If you are diabetic, check your blood sugar before arrival.
4. Please report to the front desk of Gastroenterology in Building 9 on the 1st Floor for appointment.
5. Leave valuables at home or with the adult who accompanies you for the procedure.
6. Wear comfortable clothes.

7. Do not wear make-up, contact lenses or nail polish.
8. Remove all body piercings.
9. **DO NOT DRINK ANY ALCOHOL** once you begin the prep.

There will be a waiting period prior to the procedure. The NNMC staff strives to give every patient individualized, quality care. We apologize for any inconvenience that waiting may cause you.

PROCEDURE

- 1) An intravenous line (IV) will be placed in order to provide medication for sedation and comfort.
- 2) Oxygen will be administered, and your heart and blood pressure will be continuously monitored throughout the procedure.
- 3) While lying comfortably on your left side, the physician will insert the flexible, lubricated scope into the rectum and carefully advance it through the colon. Some air and water will be placed in the colon to assist in the exam, which may be expelled afterwards. After the exam, you will rest in the recovery room until you are able to tolerate liquids and walk unassisted.

2-3 Days Before your exam

Drink plenty of fluid throughout the period 2-3 days before your procedure to avoid dehydration. This consists of a minimum of 8-8 ounce glasses of fluid per day.

Avoid seeds, nuts, oatmeal or other whole grains, beans, peas, corn, and the peels of fruits and vegetables as these may remain in the colon after completion of the prep. This is a low residue diet.

Day before your exam

| <u>Time</u> | <u>Instruction</u> |
|-------------|--------------------|
| 0830 | Normal Breakfast |

| | |
|-------------------|---|
| AFTER 0830 | <p>FOLLOW A RESTRICTED DIET OF CLEAR LIQUIDS</p> <ul style="list-style-type: none"> • Coffee, Tea • Clear Juice without Pulp(Apple, White Grape, Lemonade) • Broth, Bouillon • Gatorade or Similar Sports Drinks • Kool-Aid, Crystal Lyte • Jello (no added fruit or toppings) • Popsicles • Carbonated Soft Drinks (Coke, Pepsi, Sprite; Diet or Regular) <p>AVOID RED OR ORANGE LIQUIDS DRINK 8 OUNCES CLEAR LIQUIDS EVERY HOUR MINIMUM</p> |
|-------------------|---|

| | |
|--|---|
| | <p>Drink plenty of fluid throughout the day to avoid dehydration. This consists of a minimum of 8-8 ounce glasses of fluid per day. <i>The prep will work better, you will feel better, and avoiding dehydration makes it easier to start your IV.</i></p> |
|--|---|

DAY BEFORE YOUR EXAM

| | |
|--|---|
| <i>Before starting your bowel prep, make sure you are close to the restroom</i> | |
| <p>1800 6PM</p> | <p>Take 4 OsmoPrep Tablets with clear liquid every 15 minutes for a total of 20 tablets. Follow with plentiful (at least four 8 oz glasses) clear liquids/juices</p> <div style="text-align: center;">  </div> |

DAY OF THE EXAM: You should only be drinking clear liquids-NO SOLID FOOD.

| Time | Instruction |
|---|--|
| <p>4 hours prior to leaving home</p> | <p>Take 4 OsmoPrep Tablets with clear liquid every 15 minutes for a total of 12 tablets. Follow with plentiful (at least four 8 oz glasses) clear liquids/juices</p> <div style="text-align: center;">  </div> |
| <p>0530 1100</p> | <p>If your procedure begins before noon, STOP drinking clear liquids at 0530 DO NOT DRINK ANYTHING INCLUDING WATER AFTER THIS TIME. If your procedure begins after noon, STOP drinking clear liquids at 1100 DO NOT DRINK ANYTHING INCLUDING WATER AFTER THIS TIME.</p> |

OUTPATIENT DISCHARGE INSTRUCTIONS:

1. You are advised to go directly home and rest quietly for the remainder of the day.
2. Until the morning after your procedure:
 - DO NOT** Drive or operate any machinery
 - DO NOT** Consume any alcoholic beverages
 - DO NOT** Sign any legal documents or make critical decisions
 - DO NOT** Take any **un-prescribed** medications
3. You may resume your normal diet.
4. A feeling of fullness or cramping from remaining air in your bowel is normal. Mild activity, such as walking, will help expel the air. Lying on your left side or directly on your stomach will also help expel the remaining air.

IF YOU HAVE ANY QUESTIONS, CONTACT THE NURSE EDUCATORS OFFICE AT (301) 319-8284, BETWEEN 0800-1600 (WEEKDAYS). PLEASE CONTACT US IF PROBLEMS ARISE BEFORE YOUR PROCEDURE OR IF YOU NEED TO CHANGE OR CANCEL YOUR PROCEDURE.

PLEASE GIVE AT LEAST 72 HOURS NOTICE WHEN CANCELING. LESS THAN 72 HOURS NOTICE MAY DELAY CARE AND INCREASE MEDICAL COST. IF YOUR PROCEDURE IS CANCELLED LESS THAN 72 HOURS PRIOR TO YOUR PROCEDURE YOU WILL BE CONSIDERED A "NO SHOW".

ANY PATIENT THAT CANCELS GREATER THAN TWO (2) PROCEDURE APPOINTMENTS WILL NEED TO HAVE A CLINIC APPOINTMENT BEFORE BEING PLACED BACK ON THE ENDOSCOPY OR CTC SCHEDULE. SPECIFIC CIRCUMSTANCES MAY BE ADDRESSED AT THE DISCRETION OF THE MEDICAL DIRECTOR.