

## Colonoscopy preparation instructions

### OSMOprep.

- 1- **A thorough cleansing of the colon is essential and the examination is most successful if you follow the directions for the preparation**
- 2- This preparation is **not** indicated in patients:
  - a. With kidney failure (Cr >1.3), congestive heart failure, or ascites.
  - b. Over the age of 80, unless specifically approved by the physician.
  - c. With inflammatory bowel disease or acute colitis.
  - d. Gastroparesis.
- 3- This prep is contraindicated when the case is scheduled with anesthesia service.
- 4- Stop Iron and vitamins with Iron 7 days before the procedure.
- 5- Please discontinue the following medications one day before the procedure and resume it only after the procedure is completed
  - a. **Angiotensin-converting enzyme (ACE) inhibitor:** Quinapril (Accupril), Perindopril (Aceon), Ramipril (altace), Capoten (Captopril), Benazapril (Lotensin), Tandolapril (Mavik), Fosinopril (Monopril), Lisinopril (Prinivil), Moxeixipril (Univasc), Enalapril (Vasotec), Lisinopril (Zestril).
  - b. **Angiotensin II Receptor blockers (ARB):** Candesartan (Atacand), Irbesartan (Avapro), Olmesartan (Benicar), Losartan (Cozar), Valsartan (Diovan), Telmisartan (Micardis), Eprosartan (Teveten)
  - c. **Diuretics:** Spironolactone (Aldactazide, Aldactone), Torsemide (Demadex), Thiazide (Hydrodiuril), Furosemide (Lasix), Indoline (Lozol), Hydrochlorothiazide (Microzide), Amiloride (Midamor)
  - d. **Combination drugs:** Accuretic, Aldoril, Atacand HCT, Avalide, Benicar HCT, Capozide, Corzide, Diovan HCT, Dyazide, Hyzaar, Inderide, Lexxel, Lotnesin HCT, Maxzide, Micardis HCT, Moduretic, Prinzide, Tarka, Tenoretic, Teveten HCT, Timolide, Uniretic, Vaseretic, Zestoretic, Ziac.
  - e. **Nonsteroidal Anti-inflammatory Drugs (NSAID's):** i.e. Ibuprofen, Naproxen, Celebrex, etc.
- 6- On the day of the procedure you should take your usual daily medications with sips of water, except insulin and diabetic pills.
- 7- Please arrange for a ride at the end of the exam. You will not be able to drive that day if you receive any sedation during the test.