

Colonoscopy – OSMO Preparation – 32 Tablets

- Your appointment is on: (date)_____ (time)_____
- With Dr. _____
- Arrival time : _____(45 minutes before scheduled time)
- You are scheduled to have your test done at:
 - RUSH-Downtown
 - RUSH-North Shore
 - RUSH-Oak Park Hospital
 - Lincoln Park Hospital

What is the test?

You will be having a testing called a colonoscopy. During this test, the doctor will be examining your colon with a special instrument called an endoscope. This instrument is a long, flexible tube, similar to a telescope, which lets the doctor see the inside of your colon. If necessary, a tissue sample (biopsy), or removal of a growth (polyp), may be done. You will not feel this.

This procedure takes 30-45 minutes. However, you will be in the office for 3 to 4 hours, (which is from the time you arrive in the office until the time you are ready to leave).

How should I get ready?

You will need to clean out your bowel for this test. To prepare yourself, please follow the attached instructions prescribed by your doctor.

Pick up a prescription for **Osmo Prep Tablets**, which will clean out your bowels. **IF YOU HAVE KIDNEY PROBLEMS, PLEASE CALL OUR OFFICE BEFORE YOU BEGIN THIS PREP.**

1. **The day before the exam:** Eat only clear liquids for breakfast, lunch and dinner. **NO SOLID FOODS.** Clear liquids include, clear broth, Jell-O, soft drinks, tea, clear fruit juice, Popsicles and water. Avoid eating red Jell-O, as it may turn the stool red. **Do not eat or drink anything after midnight if your exam is in the morning. If your test is in the afternoon, you may have a clear liquid breakfast.**
2. Starting at 5 p.m. the evening before the colonoscopy, 20 of the OSMO Prep tablets will be taken over a period of one hour, fifteen minutes. Take 4 OSMO Prep tablets every fifteen (15) minutes followed immediately by 8 ounces of water or a clear carbonated beverage. We suggest diet ginger ale as leads to the best results. Repeat **five** (5) times. This will make a total of 20 pills.
3. On the day of the exam, 3 hours before you plan to leave for your appointment, take an additional 4 tablets with 8 ounces of liquid the same way as the day prior to the exam. Repeat every 15 minutes two more times. You will have taken the last 12 OSMO Prep tablets prior to the exam.
4. The tablets and the liquid will make you got to the bathroom for about 2 hours after you finish drinking. You will notice that your stool will gradually become lighter in color and then green or clear.

5. If you develop severe pain or bright red bleeding from the rectum or develop excessive bloating with no bowel movements, stop and call our office at (312) 942-5861.

What else should I know?

1. **If you have diabetes**, do not take your usual dose of Insulin or oral diabetes medication on the day of the exam. Check with your Primary Care Physician about your Insulin or oral medication dose. Please bring your Insulin and a syringe with you to the exam.
2. **Medications:** If you are taking any of the following medications, **you will need to be off these medications for 5 (five) days before the exam** if your Primary Care Physician agrees to it. Please check with your Primary Care Physician for instructions.
 - Aspirin, ibuprofen, arthritis medications or non-steroidal medications (such as Advil, Motrin, Celebrex, Vioxx or Bextra). *You may take plain Tylenol for pain.*
 - Coumadin or other blood thinners
 - Iron pills, herbal medicines or supplements
3. **Blood pressure, heart, asthma seizure or other medications** may be taken with small sips of water at 6:00 AM on the day of the exam.
4. **Bring a list of your medications**, including the strengths, doses and when you take them, to the exam.
5. Be sure that you tell the doctor or nurse if you have a heart murmur, an artificial heart valve, a pacemaker or a defibrillator, any artificial joints, or if you are pregnant.
6. Please arrange to bring a friend or family member with you to the exam. **YOU WILL NOT BE ALLOWED TO DRIVE YOURSELF HOME AFTER THE EXAM. YOU CANNOT USE PUBLIC TRANSPORTATION AND MUST BE ACCOMPANIED BY AN ADULT. IF YOU DO NOT HAVE SOMEONE TO ACCOMPANY YOU HOME AFTER THE EXAM, YOU WILL HAVE TO RESCHEDULE. NO EXCEPTIONS.**

If you cannot keep your appointment, please call at least 72 hours in advance. Call 312-942-5861 to cancel or reschedule.

On the day of the test:

Plan to arrive **45 MINUTES** before your scheduled appointment time. Tell them you are having a colonoscopy. **Please bring:** your prescription, proof of insurance, a picture ID and your referral form (if your insurance requires it).

RUSH-Downtown

If your exam is scheduled at Rush University Medical Center: Go to Professional Bldg. II, 1725 W. Harrison, Elevator II, Suite 339. You will register there and the test will be done there. Notify the receptionist that you have arrived.

RUSH- North Shore

If your exam is scheduled at Rush North Shore: Go to presurgical services area located in the main lobby to register. The presurgical services staff will direct

you to the endoscopy unit located on the first floor.

□ **RUSH- Oak
Park**

If your exam is scheduled at Rush-Oak Park Hospital: Free parking is available on Wisconsin Ave. and Maple Ave. Enter at 520 South Maple. Register at outpatient registration, and then take the “A” elevator to the 5th floor. Notify the receptionist that you have arrived. Notify the receptionist that you have arrived and have a seat in the waiting room.

□ **Lincoln Park
Hospital**

If your exam is scheduled at Lincoln Park Hospital: Go to admitting on the 1st floor to register. After registering, proceed to the GI endoscopy unit. Take elevator A to the 2nd floor. Let the nurse know that you have arrived.

Your name will be called and the nurse will check to see if you have someone with you to take you home after the exam.

**IF YOU DO NOT HAVE SOMEONE WITH YOU TO TAKE YOU HOME
AFTER THE EXAM, YOU WILL HAVE TO RESCHEDULE.**

You will be taken to the procedure room. There, you will undress and put on a hospital gown. The nurse will ask you questions about your health and then place a needle (IV) in your hand or arm. You will need to sign a consent that will allow the doctor to perform the exam.

The exam

You will be instructed to lie on your left side. You will be given medicine through the IV that will help you relax and feel sleepy. Your blood pressure, heart rate and breathing will be monitored by the nurse. You may feel bloated or need to pass gas during the exam because air is used to inflate the colon, to allow the doctor to see clearly. You will feel better when you pass gas. Let the staff know if you are uncomfortable. The exam will take between 30 and 60 minutes.

After the exam

You will go to the recovery area, where your blood pressure, heart rate and breathing will be monitored. It will take about 30 to 45 minutes for you to wake up from the medicine. Once you are awake, the doctor will discuss the results of the exam with you. You will receive instructions to take home with you.

**YOU MUST HAVE SOMEONE WITH YOU TO HELP YOU GET HOME AFTER THE EXAM.
YOU WILL NOT BE ABLE TO DRIVE.**

Test results

You may have biopsies taken or polyps removed during the test. These are sent to a laboratory to be processed and examined under a microscope. The results will be mailed to you in 2 weeks after the test. In order for us to mail you the results, **MAKE SURE THAT YOU COMPLETE A RESULT FORM WITH YOUR CORRECT ADDRESS.** If you do not get your results after 2 weeks, please call us at 312-942 5861.

Questions?

If you have any questions, please do not hesitate to call us at 312-942-5861.