



# COLON AND RECTAL CENTER OF ARIZONA

Adrienne Forstner-Barthell, M.D. 18275 N 59<sup>th</sup> Ave Bldg H Suite 146 Glendale, AZ 85308 Ph (602) 993-2622 Fax (602) 993-2922

www.crcaz.com

*A member of Arizona Associated Surgeons*

## Your Appointment: Time & Date

- \_\_\_ Surgicenter 1040 E McDowell Phoenix, AZ 85006 / 602-258-8687
- \_\_\_ St. Joseph's Hospital 350 W. Thomas Rd Phoenix, AZ 85013 / 602-406-3533
- \_\_\_ Banner Thunderbird Outpatient 5555 W. Thunderbird Rd Glendale, AZ 85306 / 602-865-5513
- \_\_\_ Boswell Hospital 10401 W. Thunderbird Rd Sun City, AZ 85305 / 623-876-5334
- \_\_\_ Arrowhead Hospital 18701 N 67<sup>th</sup> Ave Glendale, AZ 85308 / 623-561-1000
- \_\_\_ Arrowhead Endoscopy/Pain Treatment Center 18699 N 67<sup>th</sup> Ave Glendale, AZ 85308 / 623-376-8600
- \_\_\_ Banner Estrella Outpatient 9301 W. Thomas Rd Phoenix, AZ 85037 / 623-388-5700
- \_\_\_ JCL Deer Valley Hospital 19829 N 27<sup>th</sup> Ave Phoenix, AZ 85027 / 623-879-6100
- \_\_\_ JCL Deer Valley OP Endo 19646 N 27<sup>th</sup> Ave Phx, AZ 85027 / 623-879-6100

### Colonoscopy Bowel Prep Instructions-**OsmoPrep tablets**

You are scheduled to have a colonoscopy, which requires a thorough cleansing of the colon prior to the procedure. **You will be given a prescription for OsmoPrep 32-tablets.** The process will require that you follow the instructions listed below very carefully. If you have any problems or questions, please call our office.

- You will be on a **CLEAR LIQUID DIET ONLY STARTING THE DAY BEFORE YOUR PROCEDURE**- For breakfast, Lunch, and Dinner you may drink only clear liquids: Gatorade, tea, coffee, apple juice, white grape juice, pop, clear broth, popsicles, plain Jell-O and water. (NOTHING THAT HAS RED OR PURPLE ARTIFICIAL FOOD COLORING) NO SOLID FOOD CAN BE CONSUMED UNTIL AFTER YOUR COLONOSCOPY
- If you are starting your bowel preparation in the evening, you must consume at least 2 liters of clear liquid throughout the day before starting the OsmoPrep Tablets.
- Take first dose of OsmoPrep tablets at \_\_\_\_ Following these instructions: Take 4 tablets every 15 minutes with an 8oz glass of clear liquid over the course of 1hr. You will consume a total of 20 tablets with 40oz of clear liquids.
- Take second dose of OsmoPrep at \_\_\_\_ Following these instructions: Take 4 tablets every 15 minutes with an 8oz glass of clear liquid over the course of 45 mins. You will consume the remaining 12 tablets with 24oz of clear liquid.
- **Stop taking liquids 4 hours prior to your appointment time. Nothing to eat or drink 4 hours prior to your scheduled colonoscopy.**

**IMPORTANT: AFTER TAKING YOUR 1<sup>ST</sup> DOSE, YOU MUST WAIT 11-12 HOURS BEFORE TAKING YOUR 2<sup>nd</sup> DOSE.**

The bowel preparation will cause you to have diarrhea – your goal is clear “stools” with little or no particulate matter.

DO NOT SKIP IMPORTANT MEDICATIONS! If you normally take your medications in the morning, do so with a small sip of water. If you are scheduled to take your second dose of osmo prep in the morning, take any medications after that dose.

DO NOT TAKE ASPIRIN OR BLOOD THINNERS FOR 7 DAYS BEFORE YOUR COLONOSCOPY UNLESS YOU HAVE CLEARED THIS WITH YOUR SURGEON! YOUR PROCEDURE MAY BE CANCELLED!

Because of the anesthetics that you will be given, **you MUST arrange to be accompanied and driven home by a friend or relative after your colonoscopy.** Plan to be at the facility for at least 2 hours. You must arrive one hour prior to the scheduled time. You cannot drive or make legal decisions for the remainder of the day.

If you are scheduled for a “SCREENING COLONOSCOPY” and the doctor finds/biopsies/removes any polyps, your colonoscopy will be billed as a “DIAGNOSTIC COLONOSCOPY”. This may result in a higher patient out-of-pocket expense, depending on your insurance.

**If the doctor takes a biopsy** during the exam, we will call you with the results. If you have not heard from our office within one week, please call us.

If you have any questions or concerns you may call the office at the numbers above. After hours, the office message will refer you to an emergency contact number.

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