UofL Physicians
MEDICINE CLINICS

# Visicol / OsmoPrep Colon Prep (Nov 2021)

***Not recommended for patients with any of the following: heart disease, kidney disease, liver disease, low calcium or other electrolyte disorder, diarrhea, bloody stool, Crohn's disease, ulcerative colitis, or those taking ACE inhibitors, Angiotensin Receptor Blockers, or NSAIDs.***
***Not recommended for patients having a colonoscopy to examine for colitis or to rule out colitis***
***Failure to follow the instructions may result in kidney damage***

These are the instructions that you must follow for us to ensure that your colonoscopy procedure is completed correctly and that you are given the best exam possible.

**Fourteen (14) Days or More Before the Colonoscopy, Do The Following:**

If you are on Blood Thinners { Brillinta (Ticagrelor), Coumadin (warfarin) , Eliquis (Apixaban) Lovenox (enoxaparin), Plavix (clopidogrel), , Xarelto (Rivaroxaban) **OR ANY OTHER TYPE OF BLOOD THINNING MEDICATION**} you will need to contact your doctor who manages your blood thinning medication about this. In most cases, GI procedures require that you stop blood thinners like, Brillinta 5 days before the procedure, Coumadin 3-5 days before the procedure, Eliquis 1-4 days before the procedure, Lovenox 12-24 hours before the procedure, Plavix, 5-7 days before the procedure, Xarelto 1-4 days before the procedure, However, every case is individual depending on what blood thinner you are on and why you are on it and what exact GI procedure you will be undergoing. If you are reading this and your physician has not counseled you regarding whether to take or not take your blood thinners, please call your private doctor NOW and discuss with him/her. After the colonoscopy, ask the physician who performed your examination, when you can restart your blood thinners.

1. If you take Iron supplements, discontinue them at least 5 days before your colonoscopy; you can restart them after your procedure has been completed.
2. If you are a diabetic, please consult your private doctor on how to modify your diabetes medication or insulin shots.
3. ***If you take Lactulose, Chronulac, Krystalose, Enulose, or Sorbitol, STOP these 6 hours before you start your colonoscopy prep; restart it after your colonoscopy exam has been completed .***
4. We do want you to take all other regular medications you usually take on the morning of the procedure (example: take your blood pressure medication for sure). Any medication you do not have to take in the morning, do not take until the procedure is over (example: vitamins).
5. Do not eat any products that contain Olestra (example: WOW potato chips). Also avoid salads, raw or leafy vegetables and raw fruit 3 days prior to your procedure.
6. KEEP YOUR APPOINTMENT. If you cannot keep your appointment, please notify our office at 502-588-4600.
7. **BRING A DESIGNATED DRIVER**. If you do not bring a driver, the procedure WILL BE CANCELLED, because you will be receiving medication that will make you unable to drive or make important decisions..

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**One (1) Day Before the Colonoscopy, Do the following:**

1. Make sure you buy 28 tablets of Visicol /OsmoPrep, and three (32 oz. each) bottles of clear ("ice") or yellow Gatorade. Also purchase Dulcolax (bisacodyl 5 mg); you will need 6 tablets.

2. Eat a lite breakfast. Drink plenty of fluids all day, before starting the colonoscopy prep.

3. EARLY IN THE MORNING, place the 3 bottles of Gatorade in the refrigerator. Very cold temperatures make the Gatorade easier to drink.

4. **At 12:00 NOON, start the "clear liquid diet".** A clear liquid diet consists of clear liquids — such as water, broth and plain gelatin — that are easily digested and leave no undigested residue in your intestinal tract. (Do not have any solid, soft, pureed nor "milky" foods or drink, or supplements like Ensure or Boost). PLEASE AVOID RED, GREEN, BLUE OR PURPLE colored clear liquids or gelatin because they make the exam more difficult. Please drink large amounts of clear liquids to avoid dehydration. Do not drink alcoholic beverages. Examples of clear liquids are:

- Clear broth or bouillon (without noodles or other solids), any flavor
- Coffee or tea (without milk or cream)
- Soft drinks like soda-pop, Kool-aid, Gatorade, Tang, lemonade
- Juices without pulp: apple, cranberry, orange, grapefruit
- Gelatin like Jello (no red, blue, green or purple)
- Popsicles (no ice cream or yogurt bars)

5. **At 6:00PM**, take 4 tablets of Dulcolax (bisacodyl) 5mg each with one glass of Gatorade, then take 4 tablets of Visicol/ OsmoPrep with 8 oz (1 glass) of Gatorade every 10 minutes for a total of 5 times (total 5 glasses of Gatorade and 20 tablets of Visicol/ OsmoPrep), and then drink 3 more glasses (8oz each) of Gatorade, taking 1 glass every 10 minutes, until you finish 2 of the 32 oz.

Gatorade bottles (8 glasses). Keep the Gatorade very cold to decrease nausea, and drink it fast, to improve effectiveness of bowel cleansing. Keep drinking plenty of fluids (at least 5 more glasses) until bedtime to prevent dehydration and weakness. Save the remaining 8 tablets of Visicol/ OsmoPrep for tomorrow morning.

Nothing to eat or drink after midnight, other than your remaining bowel prep and small sips with any morning medications

**On the day of the colonoscopy, do the following**:

6. Four (4) hours before leaving home to come to the hospital, take 2 tablets of Dulcolax (bisacodyl) 5 mg each, then take 2 tablets of Visicol/ OsmoPrep with 1 glass (8 oz) of Gatorade every 10 minutes, for a total of 4 times, until you finish the 8 tablets of Visicol/ OsmoPrep and the 32oz of Gatorade, (total of 4 glasses).

7. Immediately after, take your regular medications with water.

8. Do not eat nor drink anything else, until your colonoscopy has been finished.

9. Come to the Hospital with your designated driver.

***COLON CLEANSING TIPS:***
*1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.*
*2. Continue to drink the prep solution every 15 minutes as directed. Occasionally, this may involve drinking the solution while sitting on the toilet.*
*3. Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.*
*4. It is common to experience abdominal discomfort until the stool has flushed from your colon (this may take 2 to 4 hours, and occasionally significantly longer).*
*5. Anal skin irritation or a flare of hemorrhoidal inflammation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes or Tucks pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories*

**Your endoscopy is scheduled for _____arrive at _____ AM/PM to register:**

U of L Health-University of Louisville Hospital @ 530 S. Jackson St Louisville, KY 40202
Registration is located on the first floor, by the patient information desk

U of L Health- Outpatient Care Center @ 401 E. Chestnut St., Louisville, KY 40202
Proceed to the basement of the building and register at the desk right off the elevator

U of L Health-Jewish Hospital Outpatient Care Center @ 225 Abraham Flexner Way, Louisville, KY 40202
Registration is located in the1st floor lobby area of the Outpatient Care Center

UofL Health – Medical Center East@ 3920 Dutchmans Lane Louisville, KY 40207
Registration is located on the 2nd floor.

Norton Hospital Pavilion @ 315 E. Broadway Louisville, KY 40202
Proceed to the 2nd floor, endoscopy area to register