OSMO PREP

Colonoscopy is a routine, generally safe procedure to examine the bowel. These are the steps you must take to ensure your procedures goes as smoothly as possible.

A FEE APPLIES IF APPOINTMENTS ARE CANCELLED WITHOUT 48 HOURS NOTICE

- Please arrange for a driver. Your driver must stay at the facility for the entire procedure.
- Do not take iron tablets for four (4) days prior to your exam. Please inform us if you are taking aspirin, Plavix (clopidogrel), non-steroidal anti-inflammatory medications, insulin, or blood thinners (Coumadin, Lovenox, etc.), as these medications will need individual modifications prior to your test.
- Take your usual medications the morning of your test with a small sip of water.
- Avoid seeds, nuts, popcorn and salads for at least two (2) days before your test.

TO PREPARE FOR YOUR TEST

- Fill your prescription at least 2 days before procedure.
- Drink clear liquids only (fluid you can "see through") throughout the day before your test.
- Examples of clear liquids: water, coffee, apple juice, white sodas, Vernor’s, clear broth, white grape juice, jello and popsicles. Avoid red or purple liquids.
- Evening before test:
  - Osmoprep First Regimen – Beginning at 5 pm, take four (4) tablets with 8oz. of any clear fluid every fifteen (15) minutes for a total of five (5) doses (twenty tablets).
  - Osmoprep Second Regimen – at 9 pm, take four (4) tablets with 8oz. of any clear fluid every fifteen (15) minutes for total of three (3) doses (twelve tablets).
- Nothing to drink after midnight except your usual AM medications with a small sip of water.
- If your appointment is after noon, you may consume clear liquids up until six (6) hours before your exam.
DAY OF EXAM:

☐ St. John Macomb Hospital: Go to Outpatient Registration, 11800 E. 12 Mile Rd., Warren, 586-573-5160.


☐ Providence Hospital: Go to the Main Entrance of Providence Hospital, 16001 West Nine Mile Road, Southfield, 248-849-3474. When you enter the building, go to the registration desk.

☐ Providence Park Medical Center: Go to the Outpatient entrance, 47601 Grand River Avenue, Novi, 248-465-4170.

☐ Beaumont Hospital: Go the north entrance, 3601 West Thirteen Mile Road, Royal Oak, 248-551-5000. When you enter the building go to the registration desk.

☐ Beaumont West Bloomfield Center: 6900 Orchard Lake Rd, Lower Level, Suite 100, West Bloomfield, 248-406-2400.

☐ DMC Lahser Campus: Go the Endoscopy suite, 27207 Lahser Road, Suite 200A, Southfield, 248-359-5575.

☐ DMC/Sinai-Grace Hospital: Go to the main entrance, 6071 W. Outer Dr., Detroit, 313-966-3300. Take elevators to 4th floor. Follow sign to Endoscopy Unit.

☐ St. Mary Hospital: Go to South entrance to information desk, 36475 Five Mile Rd., Livonia, 734-464-8800.