

INSTRUCTIONS FOR OSMO PREP

10 DAYS PRIOR TO THE PROCEDURE

Please discontinue Aspirin/Ibuprofen or any other blood-thinning medications. This includes Coumadin, Plavix, Celebrex, Vioxx, Naproxen and any other Arthritis Medications. It is safe to take Tylenol (acetaminophen) as a pain reliever. Consult with physician on all other medications.

Fill prescription from your doctor for Osmo prep.

DAY BEFORE COLONOSCOPY or COLON SURGERY:

Start a clear liquid diet and continue clear liquids throughout the day. Solid foods, milk or milk products are **NOT** allowed. After Midnight do not have anything to eat or drink before the procedure.

You may have a light breakfast on the day of the prep only

Clear Liquids include –

Juices without pulp (apple, white-grape, white-cranberry, lemonade)

Soda

Clear broth or bouillon

Ice Pops (not red or purple)

Hard candy

Tang/KoolAid

Water

Tea

Plain Jello (not red or purple)

Coffee (black)

Gatorade

LIQUIDS NOT ALLOWED: Alcoholic beverages, Orange juice, Tomato juice or Milk or Dairy products

FOLLOW THESE INSTRUCTIONS FOR COLON PREPARATION (NOTE- FAILURE TO TAKE THE PREP AS INDICATED BELOW MAY RESULT IN A POORLY CLEANSED COLON AND POSSIBLE CANCELLATION OF THE PROCEDURE).

- 1. At 4pm take 4 Osmoprep tablets every 15 minutes with at least 8 ounces of any clear liquid until all 20 tablets have been consumed. Remain close to toilet facilities.**



4 OsmoPrep
tablets +



4 OsmoPrep
tablets +



4 OsmoPrep
tablets +



4 OsmoPrep
tablets +



4 OsmoPrep
tablets = 20

- 2. At 8pm take 4 OsmoPrep Tablets every 15 minutes with at least 8 ounces of any clear liquid until all 12 tablets have been consumed.**



4 OsmoPrep
tablets +



4 OsmoPrep
tablets +



4 OsmoPrep
tablets = 12



NOTHING TO EAT/ DRINK AFTER MIDNIGHT THE NIGHT PRIOR TO YOUR COLONOSCOPY/SURGERY.

