

OsmoPrep (Tablets)

- A. Approximately two to three days before the procedure we advise you to eat on the lighter side avoiding fruits and vegetables – drink lots of liquids – light diet consists of chicken, fish, pasta, white bread, etc.
- B. The day before the procedure:
1. Take clear liquids all day. **NO SOLID FOOD FOR THE ENTIRE DAY**
 2. You may take all of your usual medications **except blood thinners** (Coumadin, Plavix, Persantine, Vit E, Ginkgo products etc.) and **aspirin type products** (Advil, Motrin, Ibuprophen, Celebrex, Vioxx, etc.) which should have been stopped prior to the procedure.(See below)
 3. At 7 a.m., take four OSMO Prep Tablets with at least 8 ounces of clear liquid (water works well) every 15 min. Do not exceed 20 tablets. Use the tablet check off chart on the following page to track your dosing regimen.
 4. At 3 p.m. repeat step 3 (above). Do not exceed 8 tablets.
 5. At 10 p.m. take 4 Dulcolax tablets (over the counter) with at least 8 oz of clear liquid.
 6. **DO NOT EAT OR DRINK ANTHING AFTER MIDNIGHT.**
 7. **DO NOT OMIT ANY PART OF THE PREPARATION – A poor preparation may cause a polyp or cancer to go undetected.**
- C. On the day of the procedure: *do not eat or drink anything.* However, you may take your routine medications with small sips of water. Bring any inhalers with you.

IMPORTANT

If you take blood thinners, e.g., aspirin, Persantine, dipyridamole or non-steroidal anti-inflammatories, e.g., Motrin, Advil, Feldene, Plavix, Trental, Voltaren, Daypro, Aleve, Vioxx, Celebrex, Vitamin E, Ginkgo, etc. They MUST be stopped ONE (1) week prior to the procedure.

If you take the blood thinner Coumadin (Warafin), please call your physician to ask for permission to stop this Five (5) days prior to the procedure.

If you take antibiotics prophylactically for any dental procedure, please notify this office. *Note: Mitral Valve Prolapse is no longer considered to be an indication for antibiotic prophylaxis for a colonoscopy or upper endoscopy*

We request that you speak with either your internist or cardiologist and notify him/her that you are about to undergo a full colonoscopic evaluation. His/her medical input is important to us for your care and direction throughout your procedure.

PREGNANCY

If there is a chance, no matter how slim, that you could be pregnant, we MUST be notified and your colonoscopy will be rescheduled to a later date.

TABLET CHECK-OFF CHART

FIRST SESSION

Dose 1: 7:00am 4 tablets
Dose 2: 7:15am 4 tablets
Dose 3: 7:30am 4 tablets
Dose 4: 7:45am 4 tablets
Dose 5: 8:00am 4 tablets

TOTAL 20 TABLETS

SECOND SESSION

Dose 1: 3:00pm 4 tablets
Dose 2: 3:15pm 4 tablets

TOTAL 8 TABLETS