

# OSMOPREP COLONOSCOPY PREP INSTRUCTIONS revised 12/1/20

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To insure a proper and complete examination, it is necessary for you to have an empty and properly cleansed colon. This is accomplished by strictly following these instructions. THIS PREP IS **NOT** MEANT TO BE USED IF YOU HAVE HIGH BLOOD PRESSURE, DIABETES, CHRONIC KIDNEY DISEASE, OR PROBLEMS WITH SODIUM OR ELECTROLYTES. THESE CONDITIONS INCREASE THE RISK OF KIDNEY FAILURE. **The exam may be cancelled if these instructions are not followed. IF YOU HAVE PROBLEMS WITH YOUR PREP, PLEASE CALL OUR OFFICE AT (972) 867-0019.**

## **PURCHASE AT THE PHARMACY:**

(1) BOTTLE OF 32 OSMOPREP TABLETS (prescription attached or sent electronically to your pharmacy) **YOU MAY ALSO RECEIVE A PRESCRIPTION FOR OVER THE COUNTER MAGNESIUM CITRATE (10 OZ) TO BE TAKEN AT 3 PM ON DAY OF PREP**

## **TWO WEEKS PRIOR TO YOUR PROCEDURE:**

Stop taking St. John's Wort (an herbal supplement)

**FIVE DAYS PRIOR TO YOUR PROCEDURE: STOP VITAMIN E AND OMEGA 3 FISH OIL. STOP FOOD CONTAINING OLESTRA e.g. Wow! chips.**

**Stop taking ASPIRIN or ASPIRIN-CONTAINING PRODUCTS**, non-steroidal anti-inflammatories, and blood thinners. Examples include, but are not limited to: **COUMADIN, PRADAXA, ELIQUIS, XARELTO, ALEVE, NUPRIN, MOTRIN, ADVIL, IBUPROFEN, EXCEDRIN, RELAFEN, ANAPROX, LODINE, FELDENE, ECOTRIN, NAPROSYN, TOLECTIN, VOLTAREN, DOLOBID, MOBIC, CELEBREX, ALKA-SELTZER or PLAVIX.** If you have any questions about your medications, please call our office or your pharmacy. You may take Tylenol or Acetaminophen as needed.

## **ONE DAY BEFORE YOUR PROCEDURE:**

1. Remain on a clear liquid diet the entire day. You may have clear broth, Jell-O with no fruit, lemonade without pulp, Popsicles with no fruit, coffee with no cream, tea, apple juice, Gatorade, 7-UP, Sprite, Coke, Dr. Pepper, Root Beer Etc. There are no color restrictions—you may drink red or purple liquids—but keep in mind, they will come out of your rectum red or purple!
  - ❖ ***NO MILK PRODUCTS OR ORANGE JUICE. DRINK AT LEAST 64 OUNCES OF FLUID (not just water) DURING THE DAY. ALCOHOL IS NOT CONSIDERED A CLEAR LIQUID!!!!***

**IF YOU ARE DIABETIC & ARE ON INSULIN** – take ½ your usual dose of insulin. If you take oral medicines for diabetes, **DO take** those as usual. **DO NOT** consume just sugar-free liquids.

2. **AT 3 PM, IF YOU RECEIVED PRESCRIPTION FOR MAGNESIUM CITRATE, MIX WITH GINGER ALE AND DRINK.**
3. At **7:00 pm**, Take 4 OsmoPrep tablets every 15 minutes with at least 8 ounces of any clear liquid until all 20 tablets have been consumed. **You MUST drink at least 40 ounces of clear liquids with the 20 tablets.**

While you are having bowel movements, you may want to use alcohol free baby wipes or Tucks medicated pads to wipe instead of toilet tissue. To protect the skin outside the rectum, you may use Anusol, Desitin (zinc oxide), Boudreaux's Butt Paste or Vitamin A & D ointment.

4. At **7 HOURS PRIOR TO CHECK IN TIME**, take 4 OsmoPrep tablets every 15 minutes with at least 8 ounces of any clear liquid until the remaining 12 tablets have been consumed. **YOU MAY HAVE CLEAR LIQUIDS UNTIL 4 HOURS PRIOR TO YOUR CHECK-IN TIME.**
5. **DO NOT CHEW GUM OR SUCK ON CANDY WHILE YOU ARE WAITING FOR YOUR PROCEDURE.**

**IF YOU HAVE ANY QUESTIONS ABOUT YOUR MEDICINES OR PREP, PLEASE CALL THE OFFICE (972) 867-0019 AND WE WILL ASSIST YOU, 24 HOURS A DAY, 7 DAYS A WEEK**

## **THE DAY OF YOUR PROCEDURE:**

- ❖ ***Take your blood pressure or heart medications at your usual time with a small sip of water, unless otherwise instructed by your physician. If you take medicines for acid reflux, also take them in the morning.***
- ❖ ***If you have asthma, emphysema, or COPD – take your inhalers & medicines for that condition.***
- ❖ ***If you are diabetic – DO NOT take your diabetic medications or insulin the morning of your procedure.***

## **AFTER THE PROCEDURE:**

- ❖ You will need someone to drive you home after your procedure. You will NOT be allowed to take a taxi or bus.
- ❖ **YOU WILL NOT BE ALLOWED TO DRIVE THE REST OF THE DAY.**
- ❖ Please call our office if you need information on medical transportation services if you do not have a ride available.