

**INSTRUCTIONS FOR OSMOPREP**

- Your procedure is scheduled at **OUR OFFICE** on \_\_\_\_\_  
**You should expect to be at the endoscopy center for about 1 ½ to 2 hours.**  
Please obtain the prescription **OSMOPREP** from your pharmacy many days before your test.
- Please stop taking your **aspirin, celebrex, Plavix, motrin, aleve, and other ibuprofen containing medications five days before your test, unless we instruct you otherwise.**
- If your test is scheduled for a morning **DO NOT take any of your regular a.m medications(except inhalers and medicines for seizures)** on the day of your test. You MAY TAKE your regular a.m medications if your test is scheduled for the afternoon. **Continue to take your inhalers and seizure medications as prescribed by your physician.** Bring your medication bottles along with you. Do not hesitate to call us with questions about your medications.
- **You will need specific instructions if you take Coumadin/Warfarin, Pradaxa, Xarelto, Eliquis, Savaysa or other anticoagulants. Please let us know if you do take any of these medications.** You may need to be switched to a blood thinning shot.
- **Do not take your diabetic pills** the evening before and the morning of your test. You should only **take half the usual dose** of your **Insulin shot** the day before your test, and none on the morning of your test.
- In preparation for your procedure try to **eat less of foods high in fiber** for at least **5 days** before the procedure. Some foods to avoid include: bran, whole grain cereals, all beans, raw fruits and vegetables, potato skins, nuts, raisins, corn, seeds and popcorn.
- **Have a regular breakfast before 10am on \_\_\_\_\_.** **Then start CLEAR LIQUIDS, and continue until two hours before your test.** See attached list for clear liquid diet suggestions. **NO SOLID FOOD AFTER 10AM THE DAY BEFORE YOUR TEST**
- **Follow the instructions for the prep on next page.** You may apply a petroleum based ointment or diaper rash ointment to the rectal area if you experience discomfort
- **YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU HOME AFTER YOUR PROCEDURE. PLAN ON TAKING THE WHOLE DAY OFF OF WORK/SCHOOL THE DAY OF YOUR PROCEDURE.**

- Please call the office at **910 353-6158** if you have any questions regarding your prep or procedure.

## OSMOPREP 32 TABLET PREP

### FIRST DOSE REGIMEN

Begin your first dosing regimen the **day prior** to the exam at \_\_\_\_\_ pm.  
 Take 4 Osmoprep Tablets with at least 8 ounces of any clear liquid (water, any clear carbonated beverage, any clear juice or Gatorade) every 15 minutes. **DO NOT EXCEED 20 TABLETS. \*REMINDER: Stay close to toilet facilities.**

### SECOND DOSE REGIMEN

Take the second dose the **day of the procedure** at \_\_\_\_\_ A.M. (at least 4-5 hours before the procedure).  
 Take 4 Osmoprep Tablets with at least 8 ounces of any clear liquid (water, any clear carbonated beverage, any clear juice or Gatorade) every 15 minutes. **DO NOT EXCEED 12 TABLETS. \*REMINDER: Remain close to toilet facilities.**

### 1<sup>ST</sup> DOSE: 20 TABLETS OVER 1 HOUR



4 tablets +  
at \_\_\_\_ pm



4 tablets +  
at \_\_\_\_ pm



4 tablets +  
at \_\_\_\_ pm



4 tablets +  
at \_\_\_\_ pm



4 tablets +  
at \_\_\_\_ pm

### 2<sup>ND</sup> DOSE: 12 TABLETS OVER 30 MINUTES



4 tablets +  
at \_\_\_\_ am/pm



4 tablets +  
at \_\_\_\_ am/pm



4 tablets +  
at \_\_\_\_ am/pm

**PLEASE FOLLOW THE INSTRUCTIONS ABOVE TO ENSURE YOUR COLON IS CLEAN. WE MAY NEED TO REPEAT THE TEST IF YOUR COLON IS NOT CLEAN**

PLEASE VISIT THE "PATIENT EDUCATION" SECTION ON OUR WEBSITE [www.eastcarolinagastro.com](http://www.eastcarolinagastro.com) TO LEARN MORE ABOUT YOUR PROCEDURE.

