

Digestive Disease Consultants

INSTRUCTIONS FOR BOWEL PREP WITH 32 OSMOPREP TABLETS

You will begin your prep on: _____

5 DAYS PRIOR TO THE PROCEDURE

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

Fill prescription from your doctor for 32 osmoprep tablets.

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 before the procedure. Nothing to drink four hours prior to your procedure.

Clear Liquids Include

Juices without pulp (apple, white grape, white cranberry, lemonade)	Water
Soda (Regular or Diet)	Tea
Clear broth or bouillon	Jell-o (NO RED)
Popsicles (NOT RED)	Ensure (Limit 2)
Coffee (Black)	Gatorade

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

- 1. At 4pm take 4 osmo prep 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.**
- 2. At 7pm take 4 osmo prep tablets every 15 minutes with at least 8 ounces of any clear liquid until all 12 tablets have been consumed.**

YOUR PROCEDURE MAY BE CANCELLED IF YOU DRINK ANYTHING FOUR HOURS PRIOR TO YOU PROCEDURE TIME

If you have any questions please call our office at 407-830-8661 ext 120. You can continue to drink clear liquids until midnight.