



Osmoprep Bowel Prep Instructions

*****Read All Instructions Upon Receipt*****

Medications: If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication. Stop all Stool Formers, Vitamins and Iron 5 days prior to your appointment. Take all other morning medication with a small sip of water at least 3 hours prior to your arrival time.

Diabetics on Diabetic Medication: If you are a diabetic, please see diabetic instructions.

Foods: 2 days prior to appointment stop eating the following foods – nuts, seeds and raw vegetables. The day before your appointment you should only eat/drink clear liquids, no milk or milk products and nothing red or purple.

Upon awakening, the day before your procedure, start a clear liquid diet. See attached list of sample liquid diet for Non Diabetics.

Prep:

At 5:00 PM, the day before your appointment, start your 1st dose of Osmoprep Tablets. Take four (4) tablets with eight (8) ounces of any clear liquid every fifteen (15) minutes until twenty (20) tablets have been taken.

Five (5) hours prior to your arrival time, on the day of the procedure, start your 2nd dose of Osmoprep Tablets. Take four (4) tablets with eight (8) ounces of any clear liquid every fifteen (15) minutes until twelve (12) tablets have been taken. (DO NOT DRINK ANYTHING ELSE AFTER THIS)

If you take morning medications, take them when you finish the prep. They must be taken at least three (3) hours prior to your arrival time. Do not chew gum or tobacco.

Transportation: Bring someone with you that can safely drive you home. No Taxi's, Uber or Public Transportation allowed.

Cancel or Reschedule: Please let us know at least 3 business days, prior to your appointment, if you need to cancel or reschedule to avoid a late notice fee.

Call 210-614-1234 if you have any questions