

# OSMOPREP

## Bowel Prep Instructions

### READ ALL INSTRUCTIONS UPON RECEIPT

#### 5 DAYS PRIOR:

- If you have not received your OSMOPREP prep, please call your doctor's office.
  - If you are taking a blood thinning medication, follow your doctor's instructions on holding or continuing this medication.
  - Stop all stool formers (Metamucil, FiberCon, Citrucel), vitamins and iron, but continue your other medications.
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#### 2 DAYS PRIOR:

- Stop eating nuts, seeds, and raw vegetables.
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#### 1 DAY PRIOR:

- Only consume clear liquids.
  - Do not eat solid food until after your procedure.
  - No milk or milk products, no soy or non-dairy creamer, no juice pulp, no alcohol, and nothing red or purple in color.
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#### EVENING PRIOR TO COLONOSCOPY AT 5 PM:

- 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.
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#### DAY OF COLONOSCOPY: 5 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- 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 time.
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#### 3 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME:

- Take all other morning medication with a small sip of water at least 3 hours prior.
- Do not chew gum or tobacco.

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### TRANSPORTATION:

- Bring someone with you that can safely drive you home. No taxis, ride shares or public transportation, unless you are accompanied by a family member or friend.
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### 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.
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### NO CHEWING TOBACCO OR SMOKING (CIGARETTE, CIGAR, PIPE, MARIJUANA, VAPOR):

- Please do not smoke or chew tobacco on the date of the procedure, until after your procedure. Nicotine Patch OK.

**CALL 210-614-1234 IF YOU HAVE ANY QUESTIONS**