

OSMO PREP BOWEL PREPARATION

Facility: _____

Procedure Date/Time: _____

Report to:/Report Time: _____

DAY BEFORE PROCEDURE:

PREPARATION DIET

The day before your colonoscopy/surgery, you may have breakfast until 11:00am.

After **11:00AM** you will be on a clear liquid diet such as: **water, clear fruit juices** (ex: apple juice, white grape juice, white cranberry juice, lemonade, **Gatorade®** (except purple orange and red flavors/tints), **clear broth** (chicken or beef), **clear bouillon** (chicken or beef), **Jell-o®** (except purple orange and red flavors/tints), **weak tea** (without cream), **coffee** (without cream), **icy Popsicles** (except purple orange and red flavors/tints), and **regular or diet soft drinks** (except purple orange and red flavors/tints). **(A clear liquid is anything that you can read the newspaper through. THIS DOES NOT INCLUDE ALCOHOL)**

**PLEASE FOLLOW THE PREPARATION INSTRUCTIONS GIVEN TO YOU BY OUR OFFICE,
NOT THE ONE ON THE CONTAINER/BOX.**

1. At **3:00 p.m.** – Start taking 4-Osmo tablets with an 8-oz. glass of a clear liquid every 15 minutes for 1 hour. You will take **20 pills** from 3 pm to 4 pm.
2. At **9:00 p.m.** – Start taking 4-Osmo tablets with an 8-oz. glass of a clear liquid every 15 minutes. You will take the remaining **12 pills** from 9pm to 10:00 pm.
3. You must continue clear liquids for better cleansing and to eliminate the risk of dehydration.

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT. THIS INCLUDES WATER,
CHEWING GUM, CHEWING TOBACCO, HARD OR SOFT CANDY**

MORNING of PROCEDURE:

1. Bring insurance card(s). Leave valuables at home.
2. Please note that all blood pressure medications should be taken the morning/evening prior to your surgery with a sip of water. Do not take any diuretics prior to surgery.

**SURGICAL OR ENDOSCOPY PROCEDURES CANCELLED AND RESCHEDULED WITH LESS
THAN 3 BUSINESS DAYS NOTICE WILL INCUR A \$100 FEE.**
YOU ARE NOT ALLOWED TO DRIVE UP TO 12HRS AFTER YOUR PROCEDURE.

Due to the sedation given for this procedure, you will need a designated driver.

It is imperative that your driver remains in the waiting area at all times.

(Practice Policy for Administrative Services)

1. If you think that your bowel prep did not completely clear the intestines for any reason, please call your doctor or the doctor on call for an alternative prep.
2. If you have a history of artificial heart valve, recent joint replacements or have been hospitalized for bacterial endocarditis, **please call your physician's nurse** so that antibiotic coverage can be arranged prior to your procedure.
3. If you are on any type of prescribed medications, **please notify the prescribing doctor** of your upcoming colonoscopy/surgery. Please make sure that doctor agrees that it is okay to stop the medication.
4. Do not take diuretics on the day of your procedure. These include clorothiazide, hydrochlorothiazide, furosemide, bumetanide, toresmide, amiloride, spironoactone, triameterene, mannitol, dyazide, maxzide and moduretic.
5. **Please make sure that you take all medications for acid reflux, asthma, bronchitis or emphysema in the morning with a sip of water on the day of your procedure.**
6. **If you take blood pressure medications in the morning, please make sure you take all blood pressure medications the day of your procedure with a sip of water. This includes combination medications for blood pressure which contain diuretics.**

These are some examples of medications that should be stopped 3-7 days prior to your procedure. These medications thin the blood. If you are on a medication that was prescribed to you (or is over the counter) to help thin your blood and it is not on the list, please stop it prior to your procedure. (if recommended by your prescribing physician).

Blood thinners	NSAIDS	OTC Supplements
Aggrenox (dipyridamole+ aspirin)	Aspirin (Excedrin, bayer)	Fish oil
Aggrastat (tirofiban)	Celecoxib (celebrex)	Garlic in large amounts
Arixtra (fondaparinux sodium)	Ibuprofen (advil, motrin)	Ginko biloba
Coumadin (warfarin)	Indomethacin (indocin)	Ginger
Dicumarol (dicumarol)	Mag salicylate (bayer select)	Ginseng
Effient (prasugrel)	Meloxicam (mobic)	St John's Wart
Integrilin (eptifibatide)	Nabumetone (Relafen)	Saw Palmento
Miradon (anisinidine)	Naproxen (naprosyn)	Vitamin E
Plavix (clopidogrel bisulfate)	Naproxen sodium (aleve)	
Persantine (dipyridamole)	Oxaprozin (daypro)	
Pletal (cilostazol)	Piroxicam (feldene)	
Pradaxa (dabigatran)	Tolmetin sodium (tolectin)	



Reopro (abciximab)	Valdecoxib (bextra)	
Xeralto (rivaroxaban)		

ACE INIHIIBITORS	BETA BLOCKERS	ANGIOTENSION II	COMBINATION
Accupril (quinapril)	Betapace (sotalol)	Atacand (candesartan cilexetil)	Aldoril (methyldopa + hctz)
Aceon (perindopril)	Bisoprolol (zebeta)	Avapro (irbesartan)	Capozide (captopril + hctz)
Altace (Ramipril)	Blocadren (timolol)	Benicar (olmesarten)	Corzide (nadolol + bendroflumethiazide)
Capoten (captopril)	Bystolic (nebivolol)	Cozaar (losartan)	Dyazide (triameterene + hctz)
Lotension (benazepril)	Cartrol (carteolol)	Diovan (Valsartan)	Hyzaar (losartan + hctz)
Mavik (trandolapril)	Coreg (carvedilol)	Hyzaar (losartan)	Inderide (propranolol + hctz)
Monopril (fosinopril)	Corgard (nadolol)	Micardis (telmisartan)	Lexxel(feldopine + enalapril)
Prinivil (lisinopril)	Inderal& inderal-la (propranolol)	Teveten (eprosartan mesylate)	Lotrel (amlodipine + benazepril)
Prinzide (lisinopril + diuretic)	Kerlone(betaxolol)	Valsartan (diovan)	Lotension hct (benazepril + hctz)
Univasc (moexipril)	Levatol (penbutolol)	OTHER BP MEDS	Moduretic (amiloride + hctz)
Vasotec (enalapril, analaprilat)	Lopressor (metoprolol)	Catapres (clonidine)	Prinzide (lisinopril + hctz)
Zesteril (lisinopril)	Normodyne(labetalol)	Cardura (doxazosin)	Tentoretic (atenolol + chlorthialidone)
	Tenormin (atenolol)	Cardene (nicardipine)	Vaseretic(enalapril + diuretic)
	Toprol xl(metoprolol)	Cardizem (diltiazem)	Zestoretic (lisinopril + diurectic)
	Trandate (labetalol)	Norvasc (amlodipine)	Ziac (bisoprolol + hctz)
	Zebeta(bisoprolol)	Plendil (felodipine)	
		Procardia xl (nifedipine)	