

OsmoPrep BOWEL PREPARATION

Facility: _____

Procedure Date/Time: _____

Report to:/Report Time: _____

DAY BEFORE PROCEDURE:

PREPARATION DIET

The morning before your procedure/ surgery you may have breakfast until 11:00 am.

After 11:00 am you will be on a clear liquid diet such as: **water**, **clear fruit juices** (ex: apple juice, white grape juice, white cranberry juice, **Gatorade®** (except orange and red flavors/tints), **clear broth** (chicken or beef), **clear bouillon** (chicken or beef), **Jell-o®** (except orange and red flavors/tints), **weak tea** (without cream), **coffee** (without cream), **icy Popsicles** (except orange and red flavors/tints), and **regular or diet soft drinks** (except orange and red flavors/tints). (*A clear liquid is anything that you can read the newspaper through.*)

PREPARATION

A prescription has been sent electronically to your pharmacy _____.

1. At _____ – Start taking 4-Osmo tablets every 15-minutes with an 8-oz. glass of a clear liquid for an hour. You will take **20 pills**. It may take a couple of hours before you see results from the prep. Do not be alarmed if you are not having bm's right away, it will come....
2. At _____ – Take the remaining **12 tablets**. You will take 4 pills every 15 minutes with an 8 oz glass of clear liquid.
3. Continue clear liquids for better cleansing and to eliminate the risk of dehydration.

NOTHING TO EAT OR DRINK or MEDICATIONS AFTER MIDNIGHT!

MORNING of PROCEDURE:

1. Nothing to eat or drink until after the procedure. This includes chewing gum, tobacco and candy.
2. **Read the attached pages as to what medications to take prior to procedure. Please call with any questions.**
3. Bring insurance card(s). Leave valuables at home.
4. You will need a driver for your appointment, please have them with you at all times. A taxi is not permitted.

PLEASE NOTE THAT YOU WILL BE CHARGED A CANCELLATION FEE IF YOU DO NOT CANCEL YOUR PROCEDURE AS POLICY STATES. (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 INIHIATORS	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 (olmesartan)	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& nderal-la (propranolol)	Teveten (eprosartan mesylate)	Lotrel (amlodipine + benazepril)
Prinizide (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)	Prinizide (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)	