

Osmoprep Instructions

PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

If you have any questions about these instructions, please contact our office at 520-722-0744

If you are scheduled for your exam at Mesquite Surgery Center, Please arrive 30 minutes prior to appointment time.

If you are scheduled at TMC, Saint Joseph's Hospital or Northern Cochise Hospital; arrive 1 hour prior to appointment.

Appointment Date: _____ Appointment Time: _____ Appointment Arrival: _____

Please be advised that these instructions are different from the package instructions.

5 DAYS BEFORE YOUR EXAM

- You Must Stop Taking The Following Medications: (If cleared by your Primary Care Physician or Cardiologist). Aspirin, NSAIDS (Advil, Ibuprofen, Naproxen, Aleve), Coumadin, Heparin, Pradaxa, and Plavix or other blood thinners. If you must continue please let us know.
- STOP any Bulking Agents and vitamin supplements; Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, Fish oil, and Iron supplements.
- Tylenol is acceptable to take during this time.

2 DAYS BEFORE YOUR EXAM

- Start a low fiber diet. (No whole grain, raw vegetables, fruit, nuts, popcorn or seeds of any kind, etc.)
- Take one 10- ounce bottle of **Magnesium Citrate** around 4:00pm. (This is available over the counter at your pharmacy). Individual responses to laxatives vary. Stay close to a toilet, as multiple bowel movements may occur with this laxative.

THE DAY BEFORE YOUR EXAM

- Stop your **oral diabetic** medication 1 day prior to your exam. You may resume these medications after your exam.
- **CLEAR LIQUID DIET ALL DAY** (anything you can hold up to the light and see through)
- Which includes; **Beverages:** Any soft drinks, Gatorade, Kool-Aid, fruit juices with NO pulp (apple, white grape, lemonade, etc.), water, tea, coffee. **SOUPS-** LOW sodium chicken, beef or vegetable bouillon or broth. **Other:** Hard candies, Jell-0 (no fruit or toppings), Popsicles (no sherbets, ice cream or fruit bars).
- **NO DAIRY PRODUCTS, OR ANYTHING THAT IS RED OR PURPLE IN COLOR**
- **Breakfast, lunch and Dinner - LIQUID DIET ONLY**, drink all the clear liquids you want. **NO SOLID FOOD!**
- Take any heart, blood pressure, seizure or other necessary medications as usual.
- **DO NOT** take any oral diabetic medications the day before or the morning of your exam.
- Insulin dependent diabetics should take the usual dose of Insulin the day before your exam and $\frac{1}{2}$ the usual dose on the day of your exam. Continue to monitor blood sugar as usual.

The AFTERNOON before your Exam: Start your laxative Prep:

- **AT 12:00 PM:** Swallow 4 tablets with 8 oz of any clear liquid
- **AT 12:15 PM:** Swallow 4 tablets with 8 oz. of any clear liquid
- **AT 12:30 PM:** Swallow 4 tablets with 8 oz. of any clear liquid
- **AT 12:45 PM:** Swallow 4 tablets with 8 oz. of any clear liquid
- **AT 1:00 PM:** Swallow 4 tablets with 8 oz. of any clear liquid
- Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements will occur.
- Continue your clear liquid diet, drink as much of the clear liquids as you like until bed time. **NO SOLID FOOD!**

The Morning of your Exam:

- _____ AT (at least 5 HOURS PRIOR to your procedure)
- Take the remaining **3** doses of the medication. The same way you did yesterday (4 tablets with 8 oz. of water every 15 minutes, for a total of 12 pills.)
- Take any heart, blood pressure, seizure or other necessary medications as usual, (with water is ok)
- After completing your morning dose of laxative, you may continue to drink water until 4 hours before your exam.
- Stop drinking CLEAR liquids 4 hours before your exam.
- **Nothing else to eat or drink until after procedure.**
- Please wear sensible shoes (no heels) and comfortable clothing, bring a pair of warm socks.
- Please bring a list of your medications with you.
- **SOMEONE MUST DRIVE YOU HOME AFTER YOUR EXAM.**
- You may not drive for the remainder of the day.