Colonoscopy Pill Prep

You must read, understand, and follow these instructions to take OsmoPrep the right way:
Take OsmoPrep exactly as prescribed.
It is important for you to drink clear liquids before, during, and after taking OsmoPrep. This may help prevent kidney damage.

On the evening before your colonoscopy, you will take a total of 20 OsmoPrep tablets, as follows:
1. Take 4 OsmoPrep tablets with 8 ounces of clear liquids.
2. Wait 15 minutes.
3. Take 4 more OsmoPrep tablets with 8 ounces of clear liquids.
4. Repeat steps 2 and 3 above, three more times. Make sure you wait 15 minutes after each time.

On the day of your colonoscopy, you will take a total of 12 OsmoPrep tablets, starting about 3 to 5 hours before your colonoscopy, as follows:
1. Take 4 OsmoPrep tablets with 8 ounces of clear liquids.
2. Wait 15 minutes.
3. Take 4 more OsmoPrep tablets with 8 ounces of clear liquids.
4. Repeat steps 2 and 3 one more time.

MEDICATIONS:
• Do not take Aspirin, Ibuprofen or Non-Steroid Anti-inflammatory medications for 5 days prior to your procedure.
• Do not take IRON pills for 7 days prior to procedure.
• Please let your doctor know if you are taking ASPIRIN, PLAVIX or COUMADIN or if you are a diabetic.
• Please take all regular medication as directed unless instructed otherwise.

Clear liquid diet list:
Beverages: Soft drinks (orange, ginger ale, cola, Sprite, 7 Up) Gatorade (NO Red), Crystal Light, Kool-Aid, strained fruit juices without pulp (apple, white grape, orange, lemonade, etc), water, tea or coffee without milk or non-dairy creamers.
Soup: Fat-free, low sodium chicken or beef bouillons or broth.
Desserts: Hard candies, Jell-O (NO Red), lemon, lime or orange with no fruit or toppings, popsicles, Italian ice (NO red, sherbets or fruit bars).

You will need a driver who can assist you into your home after the procedure as the medications you will receive will interfere with your capability to drive. If you do not have a driver with you, your procedure may be cancelled.

If you have any questions, please call us at 540-224-5170.