

Osmoprep Split Dose

5 DAYS BEFORE

5 days before your procedure, you will need to be off all Iron supplements and NSAIDS (Non-Steroidal Anti-Inflammatory Drugs), such as: Ibuprophen, Aleve, Advil, Excedrin, Goody's, Stanback, BC powders, Motrin, Naproxen, Nuprin, Alka-Seltzer, Naprosyn, Celebrex, Bextra, Mobic, Fiorinal, Ketoprofen, Etodolac, Diclofenac, Piroxicam, Vimovo, Voltaren, or any other anti-inflammatory or arthritis medications. (Tylenol/Acetaminophen is ok to take)

If you take an Aspirin (81 mg or 325 mg) each day for cardiac or vascular health, you SHOULD NOT stop this medication prior to your procedure.

If you are on Plavix or Coumadin or other Anti-Coagulants, please contact us at least 1 week prior to your procedure, and we will make specific recommendations regarding management of these medications based on your specific medical history. You will also need to avoid taking medications containing iron.

2 DAYS BEFORE

2 days prior to your procedure, you will need to begin your low residue diet. See below for a list of foods to avoid.

- AVOID: all dairy products, nuts, seeds (this includes foods that may contain seeds such as fruit yogurt)
- AVOID: all whole grains
- AVOID: all raw and dried fruits, raisins, and berries
- AVOID: all vegetables from the cruciferous family such as broccoli, cauliflower, Brussel sprouts, cabbage, kale, swish chard, etc.
- AVOID all beans and lentils

THE DAY BEFORE YOUR PROCEDURE

The day before your procedure, you will need to be on an all clear liquid diet (NO SOLID FOOD). You may have tea, coffee, colas, bouillon, broth, popsicles, or Jell-O. However, you may not have any liquid that is red or orange or any other dairy products.

At 5:00 p.m. on the day before your procedure, you will need to begin your bowel prep. Take 4 tablets with 8 oz. of clear liquids. Repeat this at 5:15 p.m., 5:30 p.m., 5:45 p.m., and 6:00 p.m. Be sure to drink 8 oz. of liquids with each dose. You may continue the clear liquid diet.

THE DAY OF YOUR PROCEDURE

If you are a diabetic patient on insulin or other forms of diabetic medication, please do not take the medication in the morning of the procedure. If you have any questions, please contact the office.

At the time your doctor indicated, repeat the process above. Be sure to drink 8 oz. of liquids with each dose.

You may have as many clear liquids as you desire up until 2 hours before your exam. (Nothing by mouth after the time your doctor specified the day of your procedure.) You may take any of your pill form medications.

Your procedure will not be started until a driver is present with you in the waiting room. Your driver will need to remain in the waiting room until your procedure is done. If you are over thirty minutes late for your procedure due to not having a driver present, your procedure will be rescheduled or you may have the procedure performed without sedation.