

Osmoprep Split Bowel Prep for Colonoscopy

Your procedure is scheduled for:

Date: _____ Place: _____

Arrival Time: _____ Procedure Time: _____

Physician: _____

Fill your prescription at the pharmacy. We also recommend purchasing simethicone (“Gas-X”) over the counter. Capsules, liquid, or chewable tablets are all OK.

Three days before the procedure, begin a LOW RESIDUE DIET (see low residue diet instructions)

One Day Before the Procedure:

1. Do not eat anything solid. Follow the clear liquid diet instructions.
2. Drink only clear liquids (no red or purple dye.) Clear liquids include:
Water, black coffee, tea, apple juice, white grape juice, soda, Jell-O, popsicles, broth, and Gatorade or other sport drinks.
 - DO NOT drink milk or use non-dairy creamer.
 - DO NOT eat or drink anything colored red or purple.
 - DO NOT drink alcoholic beverages.
3. Beginning at 5 p.m. take 4 Osmoprep tablets every 15 minutes with at least 8 ounces of any clear liquid until 20 tablets have been consumed. Remain close to toilet facilities.
4. It is important to drink a lot of the additional clear liquid following the prep tablets in order for this prep to work and in order for you to stay hydrated.

Day of the Procedure:

1. Do not eat.
2. 4 hours before your procedure time, take 4 Osmoprep tablets every 15 minutes with at least 8 ounces of any clear liquid until 12 tablets have been consumed.
3. You may drink clear liquids up to 2 hours before your arrival time.

Important:

1. You will not be able to drive after your procedure. You will need a driver to stay during your procedure and to drive you home afterward.
2. Avoid iron supplements for 1 week before the procedure.
3. If you take aspirin for heart protection, DO NOT stop taking it.
4. If you normally take medication in the morning for high blood pressure or seizures, please take it as usual at least 2 hours before the procedure.
5. So that appropriate adjustments can be made, please notify your doctor at least one week before the procedure if you take warfarin (Coumadin), Plavix, Eliquis, Xarelto, Pradaxa, or other blood thinners.

Please call the office during regular business hours for any questions.

918-438-7050, M-Thurs 8:00am – 4:30pm, Friday 8:00am-3pm