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## OSMOPREP Colonoscopy Instructions

**Five days prior** to your colonoscopy, stop taking all aspirin, ibuprofen, blood thinners, arthritis medications, multi-vitamins, and iron pills. Do not stop your other medications. You are responsible for checking with your primary care physician or cardiologist to make sure it is okay to stop your blood thinner (s). If you have any questions or concerns, please schedule an office consultation prior to your procedure.

### The day before Your Procedure:

1. The day before your procedure, **drink only clear liquids all day** (please see “Clear Liquid Diet”). Do not eat any solid foods or milk products.
2. Drink plenty of clear liquids all day.
3. Follow the schedule below for your bowel prep. You will have many bowel movements throughout the day. They will become very watery. The bowels are clean when you can see to the bottom of the toilet and pale yellow.
4. **At 4:00 pm** take 4 OSMOPREP tablets with 8 oz. of any clear liquid every 15 minutes until 20 pills are gone. You must drink all the liquid!
5. **At 8:00 pm** take the remaining 12 OSMOPREP tablets in the same manner (4 tablets with 8 oz. of a clear liquid every 15 minutes). Drink one 8 oz. glass every 10-15 minutes.
6. Apply Desitin or Vaseline to the rectal area to prevent soreness.
7. Nothing to eat or drink after midnight until after your procedure is completed.

### The Day of Your Colonoscopy:

- You may take heart or blood pressure medication with sips of water.
- For diabetics, no insulin or oral diabetes medications the morning of the procedure. Take only a half dose the day before.
- Bring a list of medications you are presently taking.
- The center entrance is located between the Surgery Center and the Emergency Care Center.
- You will need a family member or friend to accompany you, and drive you home. Your driver must remain at the center during your visit. No taxis or buses will be permitted without a responsible adult to accompany you home.
- Expect to be at the center for 2-3 hours for your test and recovery time.