

### **Osmo Pill Preparation Instructions**

#### **Please read all instructions carefully**

**If you need to cancel your appointment, please contact the office at least Five (5) days prior to your procedure. If the office does not receive cancellation 36 hours prior to your procedure a fee of \$125 will be applied. For your convenience, there is an afterhours cancellation line.**

#### **7 Days Prior To Procedure**

- Stop aspirin, products containing aspirin, Aggrenox, Alka-seltzer, iron supplements, vitamin supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Bilbao, Ginger, saw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.
- Avoid eating seeds and foods containing seeds (such as grapes, berries, etc.)
- Avoid popcorn, nuts, corn, beans & poorly digestible vegetables (corn, broccoli, cauliflower etc)
- Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc.
- Tylenol is permitted.

#### **5 Days Prior To Procedure:**

- Stop anti-platelet agents (Ticlid, Plavix, Pletal, etc)

#### **4 Days Prior To Procedure:**

- Stop Coumadin/Warfarin :

**\*\* If you do take Coumadin/Warfarin, Lovenox, anti-platelet agents (Ticlid or Plavix) you must consult with your cardiologist or primary care physician regarding discontinuing these medications. If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure. \*\***

#### **1 Day Prior To Procedure**

- You should consume at least 64 ounces of liquid during the day prior to your colonoscopy.
- **Clear Liquid Diet.** This includes breakfast, lunch & dinner.

• **You May Eat:**

- Fat free bouillon & both , consommé
- Strained fruit juices (no pulp), ginger ale, sprite, water – any clear liquid.
- Plain coffee (black)
- Plain tea
- Sports drinks- such as Gatorade
- Gelatin (Jell-O), but not the red, purple, or orange colored flavors.
- Italian ices/fruit ice popsicles, but not the red, purple, or orange colored flavors.
- Hard Candy

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**DO NOT TAKE THIS PREPARATION IF YOU HAVE LIVER, HEART OR KIDNEY DISEASE.**

- Stop all aspirin, and products containing aspirin (Advil, Aggrenox, Excedrin Aleve, etc.) seven (7) days prior to your procedure.
- No iron or vitamin E for seven (7) days prior to your procedure.
- If you are on Plavix, you must stop five (5) days before your procedure.
- You will be on a clear liquid diet the entire day before your procedure.

**Day Prior To Procedure: First Dose**

- Start approximately between **2-4 PM.**
- Take 4 pills with at least 8 oz of water every 15 minutes for a total of 24 pills.
- It is very important to finish all the water with every dose.

LIQUID	8 oz water	8 oz water	8 oz water	8 oz water	8 oz water	8 oz water	8 oz Ginger Ale
PILLS	4 Pills	4 Pills	4 Pills	4 Pills	4 Pills	4 Pills	N/A

### Second Dose (Taken 3-4 Hours After First Dose)

- This dose should be taken 3-4 hours after first dose between, approximately **7-9 PM**, on the day prior to the exam. If your colonoscopy is before **12 PM OR** you may chose to do the second dose 7 hours prior to your procedure if your colonoscopy is **after 12 PM**.
- Take 4 pills with at least 8 oz of water every 15 minutes for a total of 8 pills. If you have clear output you can stop. If output is not clear, please take additional 8 pills as directed below for a total of 16 pills.
- It is very important to finish all the water with every dose.

LIQUID	8 oz water	8 oz water	8 oz water	8 oz water	8 oz Ginger Ale
PILLS	4 Pills	4 Pills	4 Pills	4 Pills	N/A

#### Remember:

- There is nothing to drink after midnight and nothing to drink the morning of your procedure. Unless otherwise specified.
- In any case there is no FOOD or LIQUIDS allowed within **6 hours** of the procedure.
- The more clear liquids you drink the better your prep will be.
- If you have any questions please feel free to contact the office.

### Day Of The Procedure

**DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE UNLESS INSTRUCTED OTHERWISE.**

- You may take your blood pressure medication, but with a small sip of water.
- You may take sips of clear liquid up to 6 hours prior to procedure appointment.
- If you have ANY questions, please call our office.
- You must have an adult accompany you after the procedure or you will not be released from care. You cannot be discharged unless accompanied by an adult who can either drive you home or accompany you home in a taxi or on public transportation.
- Please leave all personal items at home EXCEPT for your insurance card.