

## Colonoscopy Preparation Instructions (OsmoPrep)

Patient Name: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_

### **7 Days Prior to Your Colonoscopy**

- You must be off Aspirin/NSAIDS and other blood thinners (Coumadin/Warfarin, Lovenox, Plavix, Xarelto, Eliquis) 7 days prior to the procedure. Tylenol is ok to take.
- Please have the prescription for **OsmoPrep Bowel Prep Kit** filled at your pharmacy.

### **1 Day Prior to Your Colonoscopy**

Have a *light* breakfast (one boiled or poached egg; white toast-no butter, plain bagel). Do NOT eat vegetables, fruits, nuts, seeds, butter, milk, cheese, beef, pork, lamb, or whole grain cereals.

Clear liquid diet after breakfast. No solid food.

- You may drink clear liquids such as apple juice, cranberry juice, Gatorade, clear broth, tea, coffee, soda, popsicles, and Jello-O (avoid any red or sugar free Jell-O due to artificial dyes)
- Do not have any milk products, citrus juice, or solid food
- Make sure to drink plenty of water throughout the day
- *Diabetics:* Take only half of your diabetes medication the day prior to your procedure

#### **Step 1: 6 PM (Day prior to colonoscopy): Take a total of 20 OsmoPrep tablets as below**

- Take 4 OsmoPrep tablets with 8 oz of clear liquids every 15 minutes. You MUST drink 8 oz of clear liquids between doses. Repeat this step (4 OsmoPrep tablets with 8 oz of clear liquids) every 15 minutes until **20 tablets** have been consumed.
- Make sure you wait 15 minutes after each time and that you drink 8 oz of clear liquids each time.

#### **Step 2: Perform 6-8 hours prior to the time of your colonoscopy** (ex: if your colonoscopy is scheduled at 10AM the following day, perform this step at 4AM on the day of your colonoscopy). **Take a total of the remaining 12 OsmoPrep tablets as instructed below:**

- Repeat Step 1 to finish the **12 tablets**.

Remember:

- You may take your regular medications at your regular time with a tiny sip of water except blood thinners or aspirin
- Vaseline or Desitin are good skin protectants to be applied prior to starting prep

### **Day of Colonoscopy:**

- **4 hours before:** *stop drinking all liquids including water.* Your procedure may be cancelled if this is not followed.

Arrive at: \_\_\_\_\_

Check-in Time: \_\_\_\_\_

*Please be advised that your check in time is tentative. You will be called the business day prior to your procedure to confirm the time. You **must have someone drive you home** following the colonoscopy due to the medications given. Uber/Lyft/Taxi are NOT acceptable.*

---



## BLOOD THINNERS

Prescription Products	Non-Prescription Products
<p><b><u>Anticoagulants</u></b></p> <ul style="list-style-type: none"> <li>• Arixtra</li> <li>• Coumadin</li> <li>• Eliquis</li> <li>• Lovenox</li> <li>• Pradaxa</li> <li>• Warfarin</li> <li>• Xarelto</li> </ul>	<p><b><u>Containing Ibuprofen</u></b></p> <ul style="list-style-type: none"> <li>• Advil</li> <li>• Bayer</li> <li>• Ibuprofen</li> <li>• Midol</li> <li>• Motrin</li> </ul>
<p><b><u>Containing Aspirin or Aspirin Like Products</u></b></p> <ul style="list-style-type: none"> <li>• Aggrastat</li> <li>• Aggrenox</li> <li>• Agrylin</li> <li>• Brilinta</li> <li>• Celebrex</li> <li>• Darvon</li> <li>• Dipyridamole</li> <li>• Effient</li> <li>• Fiorinal Caps/Tabs</li> <li>• Fiorinal w/ Codein Caps/Tabs</li> <li>• Indocin</li> <li>• Lortab ASA Tablets</li> <li>• Percodan</li> <li>• Plavix</li> <li>• Pletal</li> <li>• Robaxisal Tablets</li> <li>• Soma</li> <li>• Talwin</li> <li>• Ticlid</li> <li>• Trilisate Tabs/Liq</li> <li>• Vioxx</li> </ul>	<p><b><u>Containing Aspirin or Asprin-Like Products</u></b></p> <ul style="list-style-type: none"> <li>• Anacin</li> <li>• Arthritis Pian Formula Tablets</li> <li>• Bayer</li> <li>• Bufferin</li> <li>• Ecotrin</li> <li>• Excedrin</li> <li>• Midol</li> <li>• Mobigesic</li> <li>• Trigesic</li> </ul>
<p><b><u>Containing Ibuprofen:</u></b></p> <ul style="list-style-type: none"> <li>• Children’s Advil</li> <li>• Children’s Motrin</li> <li>• Motrin</li> </ul>	
<p><b><u>Containing Naproxen Sodium</u></b></p> <ul style="list-style-type: none"> <li>• Anaprox</li> <li>• Naproxen</li> </ul>	