



## Osmoprep

### Important - Please Note Warning

If you have cirrhosis, congestive heart failure, or kidney failure you should **NOT** take this prep.

**Do Not** take Osmoprep if you are taking blood pressure medication, if you are on a sodium (salt) restriction diet, if you have a seizure disorder, or kidney disease. Kidney damage can occur in anyone, but especially in patients with kidney disease and in patients who are elderly or on chronic NSAID's.

Patients with the above conditions will need to use the Golytely prep (contact us as new prescription is required).

### 3 Days Before Your Procedure:

- \* Pick up your prescription (Osmoprep) from your pharmacy.

### 2 Days Before Your Procedure:

- \* Avoid nuts, seeds, and salads.
  - These can make it harder for your doctor to perform an accurate exam.

### 1 Day Before Your Procedure:

- \* **Start a clear liquid diet as soon as you wake up.**
- \* Drink lots of clear liquids to keep yourself hydrated!
- \* A clear liquid diet includes:
  - water
  - coffee (only if you must; limit to 8 oz. and must be black, no cream or non-dairy creamer, sugar is OK)
  - tea
  - soda/pop (no red dye)
  - broth
  - white grape juice
  - popsicles (no added fruit and no red dye)
  - Jell-O (no added fruit and no red dye)

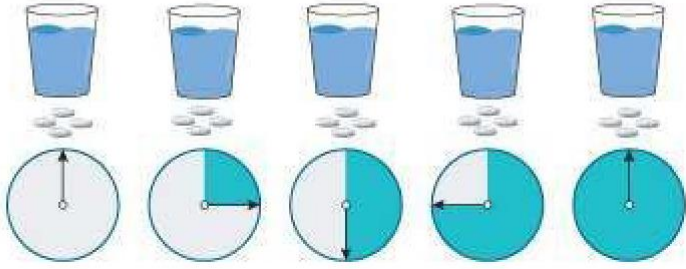
**\*\*No Red Dye\*\***  
**\*\* No Milk Products\*\***  
**\*\* No Solid Food\*\***

- \* Take 1<sup>st</sup> regimen at 5:00pm.

- **Take 4 Osmoprep tablets every 15 minutes with 8 ounces of clear liquid.**
- Continue taking your Osmoprep tablets until you have gone through five (5) cycles. You should have consumed 20 Osmoprep tablets.

**First regimen**

- Take 4 tablets with 8 oz of any clear liquid every 15 minutes
- You will take a total of 20 tablets over a 1-hour period

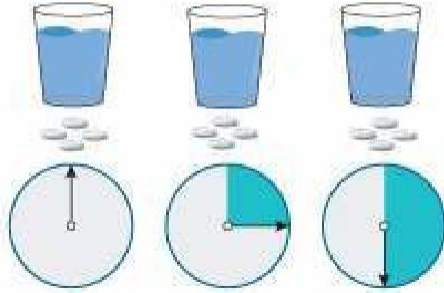


**Day of your Procedure:**

- \* **Take 2<sup>nd</sup> regimen 5hrs before your appointment time.**
- \* Take 4 Osmoprep tablets every 15 minutes with 8 ounces of clear liquid.
- \* Continue taking your Osmoprep tablets until you have gone through three (3) cycles. This time you will have taken 12 tablets and you should NOT have any tablets left.

**Second regimen**

- Take 4 tablets with 8 oz of any clear liquid every 15 minutes
- You will take a total of 12 tablets over a 30-minute period



- \* If you have an early morning procedure, you may have to wake up very early.
- \* You can continue to drink clear liquids up until 4 hours before your scheduled time.
- \* **No solid foods!**
- \* You may have a few sips of water only to take medications if need to.
- \* Keep an empty stomach.

**Please continue blood pressure, cardiac, anticonvulsant, thyroid, and psych medications according to your normal schedule. If you take iron, diabetic medications, blood thinners or diet pills, dosage adjustments are provided for you upon scheduling. Failing to stop these medications as directed before your procedure may result in anesthesia complications and possibly cancellation.**

**If you are unsure how to take your meds or have questions, please contact Huron Gastro 734-434-6262**