

# Arlington Gastroenterology Services

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## Osmo Prep Instructions

### **Five (5) days before your procedure:**

**STOP** Plavix (clopidogrel) and Aspirin and products containing aspirin. Acetaminophen (Tylenol) can continued or used as a pain reliever. Please be sure to notify our office if you have a prosthetic heart valve or pacemaker.

### **Three (3) days before the procedure:**

**STOP** taking Coumadin (warfarin). Speak to your primary care doctor or cardiologist to ask if an alternative anti-coagulant is needed.

### **Two (2) days before the procedure:**

1. **STOP** taking anti-inflammatory medicines such as Aleve, Motrin, Advil, Ibuprofen, and Naprosyn (Naproxen).
2. **STOP** eating nuts or seeds of any kind and foods with a peel. Example include popcorn, peanuts, fennel seeds, poppy seeds, grapes, beans, tomatoes, green peas, corn, blueberries, raspberries, or watermelon. Fibers, seeds, and peels can clog the colonoscopy.

\*\*\*\*\* The instructions you read about medications should be followed to minimize the risk of serious bleeding if a polyp is removed or biopsy taken. \*\*\*\*\*

### **One (1) day before procedure in AM:**

**STOP** eating solid foods and dairy products. **START** drinking liquids in the morning and throughout the day.

### **Examples of clear liquids include:**

Black coffee or tea without milk/ creamer

Soda (7 up, Sprite) Gatorade, Propel, water, clear juices (apple, white grape, white cranberry).

Clear broth, popsicles, lemon Jell-O (**No red, blue, or green flavors**)

**No alcohol**, dairy products, or orange juice.

**Do not eat any solid food** while on this diet. Deviating from this clear liquid diet may prevent adequate preparation for the colon exam.

**6PM day before the procedure:**

**Begin** your first regimen of OsmoPrep. One dose of 4 tablets with 8oz of any clear liquid every 15 minutes, for a total of 5 doses (20 tablets). Continue clear liquids.

**Day of procedure:**

**3 hours prior to your exam**, take your second regimen of OsmoPrep. One dose of 4 tablets with 8oz of any clear liquids every 15 minutes, for a total of 3 doses (12 tablets). Continue liquid diet up to 2 hours before your appointment.