

INSTRUCTIONS

**FILL PRESCRIPTION IMMEDIATELY**

Fill prescription from your doctor for 28 OsmoPrep tablets. Also purchase Dulcolax (bisacodyl) tablets (5mg) and 60ml of Milk of Magnesia. You will also need 2 12-ounce cans of Ginger Ale.

**MEDICATIONS**

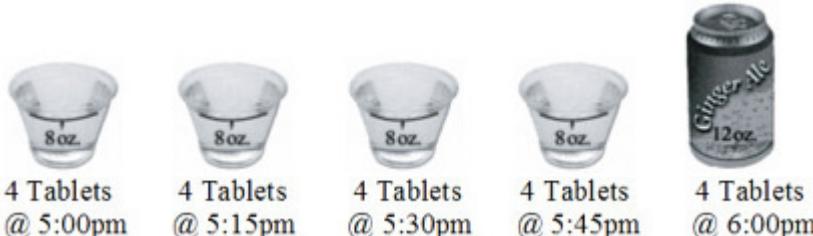
1. You must STOP ALL DIET PILLS 7 DAYS before your procedure.
2. Do not take insulin or diabetic medications the morning of the exam.
3. Stop taking all arthritis medicines (Motrin, ibuprofen, Advil, Naprosyn, Aleve, naproxen, Voltaren, Arthrotec, aspirin, & vitamin E), iron, vitamins containing iron, and bulk (fiber) laxatives (Metamucil, Citrucel, Benefiber, effer-syllium, etc.) **3 DAYS** prior to your procedure. It is okay to take Tylenol.
4. If you are taking prescribed blood thinners (Plavix, Coumadin, etc.) YOU MUST CALL YOUR MEDICAL DOCTOR to see if you can temporarily STOP TAKING THEM. YOU MUST NOTIFY the doctor performing the procedure if you cannot stop these medications before the procedure.
5. Please notify the nurse and doctor if you have a history of prosthetic heart valve, endocarditis or synthetic vascular graft (grafts less than 1 year old).

**FOLLOW THESE INSTRUCTIONS FOR COLONOSCOPY PREPARATION (FAILURE TO TAKE THE PREP AS INDICATED BELOW MAY RESULT IN A POORLY CLEANSED COLON AND POSSIBLE CANCELLATION OF THE PROCEDURE).**

1. Two nights before your exam take 60ml Milk of Magnesia by mouth.
2. Start a clear liquid diet the morning before the procedure. Drink at least 8 ounces of clear liquid of your choice every hour throughout the day.

*Clear Liquids (no red, green, or blue dye) Includes*—apple juice, white grape juice, broth, bouillon, popsicles (only clear or yellow), tea, water, crystal light (only clear or yellow), hard candy, gum, and carbonated beverages (Sprite, 7-Up, and Mountain Dew).

3. At 5PM, take 4 OsmoPrep tablets every 15 minutes with at least 8 ounces of any clear liquid until all 20 tablets have been consumed. Take the last dose of OsmoPrep with 12 ounces of Ginger Ale. Remain close to toilet facilities.



4. At 9PM, take 4 OsmoPrep tablets every 15 minutes with at least 8 ounces of any clear liquid until the remaining 8 tablets have been consumed. Take the last dose of OsmoPrep with 12 ounces of Ginger Ale.
5. At 9:30PM, take 4 Dulcolax (Bisacodyl) tablets with at least 8 ounces of any clear liquid.
6. Do not eat or drink anything after midnight unless instructed to take certain medications. If instructed to take medications, take them with a small sip of water at least 2 hours before the exam. Take the following medications with a tiny sip of water: \_\_\_\_\_
7. Report to \_\_\_\_\_ at \_\_\_\_\_ (time), on \_\_\_\_\_ (day), (date).
8. If you receive sedation, you must have someone drive you home as you will not be permitted to drive. We are not permitted to discharge patients to taxicabs or buses. Please make arrangements with family or acquaintances.

**PROBLEMS OR QUESTIONS:**

If you become nauseated or vomit and cannot tolerate the prep, STOP drinking for ONE HOUR, then resume your clear liquids slowly. If vomiting DOES NOT STOP and you are unable to complete the prep, CALL 405-372-1480 and ask for the ON-Call Endoscopy Nurse to be paged.

Reviewed/Revised: 3/9/12, 3/18/13, 6/7/13,  
9/15/13, 4/3/14, 6/11/14, 9/16, 11/16, 5/17,  
6/17, 8/19  
Reference:  
For Use On:

STILLWATER MEDICAL CENTER  
OsmoPrep  
Patient Instructions

Patient Label (Pt Name, V#, MR#,  
DOB, DOS, Age, Sex, Loc, Physician)