

OSMO PREP KIT INSTRUCTIONS FOR COLONOSCOPY OR COLONOSCOPY / EGD

PATIENT: _____ **ARRIVE AT:** _____ **ON** _____

FOR A PROCEDURE APPOINTMENT WITH DR. _____

√ 5 DAYS BEFORE THE PROCEDURE:

- **Please read through this entire instruction sheet.**
- Purchase the prep prescription from your pharmacy.
- Schedule a ride home. Every patient must be escorted home by a personal friend, family member or caregiver (over 18 years old). The escort should arrive to the facility one (1) hour after the procedure appointment time.
- Patients scheduled after 3:00 pm must have an escort on site by 4:30 pm.
- A cancellation fee of \$ 150.00 may be charged if the patient reschedules or cancels within five (5) business days, before the procedure appointment.

√ MEDICATIONS

- Do not take iron supplements for five (5) days prior to the procedure.
- Aspirin, diabetic medications/insulin, anticoagulation medications, heart medications, blood thinners; must be discussed with your Physician, Nurse Practitioner or Physician Assistant at the time of the pre-procedure office visit.
- Specified medications should be taken the morning of the procedure, as prescribed, 3 or more hours prior to the procedure start time with only a small sip of water.
- Do not stop any medications unless instructed.

√ 3 DAYS BEFORE THE PROCEDURE:

- Adjust your diet to prepare for the procedure. Stop eating high fiber foods including, seeds, quinoa, nuts, beans, corn/popcorn, raw fruits, raw vegetables and bran for **three (3) days prior** to the procedure.

√ THE DAY BEFORE THE PROCEDURE:

- This procedure requires that you follow the following diet(s) on the day before the procedure. Your doctor will determine which diet you should follow.

☐ Clear Liquid Diet

Breakfast

Lunch

Dinner

☐ Low Residue Diet

Breakfast

Lunch

Dinner- before 4pm

ALLOWED ON A CLEAR LIQUID DIET: apple juice, white grape and white cranberry juice, broth, tea, coffee (without milk or creamer), Jell-O, Italian Ices, popsicles, sodas, Kool-Aid, Gatorade, and water.

You should continue these clear liquids up until 4 hours prior to your procedure.

NOT ALLOWED ON A CLEAR LIQUID DIET: red, orange, and purple colored liquids, as well as the following products, milk, cream, soy milk equivalent, artificial creamer, juices containing pulp (i.e. orange, grapefruit, pineapple, tomato & V-8 juice). Solid foods are not allowed on a clear liquid diet.

ALLOWED ON A LOW RESIDUE DIET: Clear liquids as instructed, and you may also have Ensure, Boost, eggs and plain or flavored yogurt without seeds or nuts. NO other foods are allowed on this diet.

OSMO PREP KIT – DO NOT FOLLOW THE INSTRUCTIONS ON THE PRESCRIPTION

✓ FOLLOW THE TABLE BELOW THE DAY PRIOR TO THE PROCEDURE:

8:00 am the day before the procedure	Follow a clear liquid diet. It is important to drink as many clear liquids throughout the day to avoid dehydration during the evening prep.
First Dose 6:00 pm on the day before the procedure	Take 4 pills with 8 oz. of clear liquid every 15 min for one (1) hour. Check off the boxes below to help you keep track of the doses taken. You will take 20 pills with 40 oz. of clear liquid. <input type="checkbox"/> 4 pills/8 oz. <input type="checkbox"/> 4 pills /8 oz. <input type="checkbox"/> 4 pills/8 oz. <input type="checkbox"/> 4 pills/8 oz. <input type="checkbox"/> 4 pills/8 oz
	Then drink at least two (2) 16 oz. glasses of water or clear liquid.

✓ FOLLOW THE TABLE BELOW SIX (6) HOURS PRIOR TO THE PROCEDURE:

Second Dose Six (6) hours before your scheduled procedure time _____	Take 4 pills with 8 oz. of clear liquid every 15 min for 30 minutes. Check off the boxes below to help you keep track of the doses taken. You will take the remaining 12 pills with 24 oz. of clear liquid <input type="checkbox"/> 4 pills / 8 oz. <input type="checkbox"/> 4 pills / 8 oz. <input type="checkbox"/> 4 pills / 8 oz.
Five (5) hours before your scheduled procedure time _____	Drink at least two (2) 16 oz. glasses of water or clear liquid over the next hour. You must be finished drinking 4 hours prior to your scheduled procedure time.
Additional Instructions:	

✓ WHAT TO EXPECT:

- Expect to have frequent bowel movements and diarrhea within 1-4 hours. Be patient and try walking around to stimulate bowel motility. Remain near a restroom. Continue your prep and if after 4 hours you have not had a bowel movement, contact the office.
- Expect to pass clear or yellow fluid at the completion of your prep.
- You must also take the second dose of the prep even if you are passing clear or yellow fluid.
- Expect that patients who do not fully complete their prep and are not adequately prepared may be canceled or rescheduled.

✓ WHAT TO DO TO MAKE PREPPING EASIER:

- Patients can use Desitin, Anusol, Tucks pads or Vaseline to coat the rectal area to avoid irritation during the prep.
- Patients can refrigerate the prep to make drinking the solution easier.
- Patients can drink the solution with Sprite, Ginger Ale or Lemonade.
- Patients can drink with a straw or hold your nose when drinking.
- Patients should slow down and take time between doses if feeling nauseous.
- Patients should continue drinking clear liquids up to four hours before the procedure. During the 4 hours before your procedure, take nothing by mouth, not even water, chewing gum or candy. **If you do, the procedure will be canceled.**

✓ LAST MINUTE CHECK LIST:

- **Take your blood pressure, Parkinson's, seizure or asthma medications. Please take these medications 3 or more hours prior to the procedure start time with only a small sip of water.**
- Other than the medications above, do not take anything by mouth for 4 hours prior to the procedure.
- If a physician has prescribed for you an inhaler for asthma, bring it with you to the procedure.
- Bring with you your photo ID, insurance cards, co-payment if required.
- Leave valuables and jewelry at home and wear comfortable clothing.
- Avoid wearing perfume or lotions on the day of your procedure.

PLEASE LIST:

NAME OF ESCORT HOME: _____ RELATIONSHIP: _____

PHONE NUMBER: _____