



## OSMO-PREP

**DO NOT USE IF: YOU HAVE KIDNEY FAILURE (ARE ON DIALYSIS) - HYPERTENSION (HIGH BLOOD PRESSURE) – DIABETES – CIRRHOSIS - IF YOU HAVE HAD RECENT HEART FAILURE - TAKING CERTAIN MEDS, SUCH AS ACE INHIBITORS, ARBs - OR IF YOU ARE OVER THE AGE OF 65**

### 3 DAYS BEFORE YOUR EXAM

**HAVE YOUR PRESCRIPTION FOR OSMOPREP TABLETS (TOTAL 32 TABLETS) FILLED.**

**No raw fruits or vegetables – No whole wheat or multigrain foods – No nuts or popcorn – No bran or bulking agents**

### 2 DAYS BEFORE YOUR EXAM

**Continue the low-fiber diet – Drink a large amount of water during the day – Stop eating solid foods at 11:45 PM**

### 1 DAY BEFORE YOUR EXAM

**BEGIN A CLEAR LIQUID DIET - YOU MUST BE ON A CLEAR LIQUID DIET FOR ALL MEALS THE DAY BEFORE YOUR PROCEDURE. IF YOU EAT SOLID FOOD – DO NOT PREP. CALL YOUR PHYSICIAN’S OFFICE TO RESCHEDULE YOUR PROCEDURE.**

**Water --- You must drink at least 2 quarts of water with your prep. You may also have the following: coffee or tea (no milk or non-dairy creamer) clear broth or bouillon, Gatorade, Pedialyte, Powerade, carbonated and non-carbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles, or hard candy.**

**NO RED LIQUIDS -- NO ALCOHOL**

**REVIEW THE INSTRUCTION PACKET AGAIN PRIOR TO BEGINNING THE PREP.**

### THE DAY BEFORE YOUR PROCEDURE

**You must drink a large amount of clear liquids along with taking your prep – at least 2 quarts of clear liquids**

<b>5:00 P.M.</b>	Take 4 Osmo tablets with at least 8 ounces of water, Crystal Light, Ginger Ale, or Sprite.
<b>5:15 P.M.</b>	Take 4 Osmo tablets with at least 8 ounces of water, Crystal Light, Ginger Ale, or Sprite.
<b>5:30 P.M.</b>	Take 4 Osmo tablets with at least 8 ounces of water, Crystal Light, Ginger Ale, or Sprite.
<b>5:45 P.M.</b>	Take 4 Osmo tablets with at least 8 ounces of water, Crystal Light, Ginger Ale, or Sprite.
<b>6:00 P.M.</b>	Take 4 Osmo tablets with at least 8 ounces of water, Crystal Light, Ginger Ale, or Sprite.

### THE DAY OF YOUR PROCEDURE

#### 4 HOURS BEFORE YOUR APPOINTMENT TIME

<b>Start prep</b>	Take 4 Osmo tablets with at least 8 ounces of water, Crystal Light, Ginger Ale, or Sprite.
<b>15 min later</b>	Take 4 Osmo tablets with at least 8 ounces of water, Crystal Light, Ginger Ale, or Sprite.
<b>15 min later</b>	Take 4 Osmo tablets with at least 8 ounces of water, Crystal Light, Ginger Ale, or Sprite.

**YOU MAY DRINK CLEAR LIQUIDS UP TO 2 HOURS BEFORE YOUR APPOINTMENT TIME.**

**IF YOU HAVE ANY QUESTIONS/CONCERNS, OR IF YOU ARE UNABLE TO TAKE THE PREP, PLEASE CALL YOUR PHYSICIAN’S OFFICE OR THE ANSWERING SERVICE AFTER HOURS FOR THE PHYSICIAN ON CALL.**

G.I. Diagnostic and Therapeutic Center, L.L.C.

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