



Digestive Disease Consultants
ORLANDO

DIGESTIVE DISEASE CONSULTANTS

Osmo Prep instructions for Colonoscopy

Your procedure is scheduled on _____. Please arrive at _____ **AM / PM.**

******HOLD any blood thinners (_____), _____ days prior to the procedure.**

****Do not stop your blood thinner without consent from prescribing physician****

DAY BEFORE THE PROCEDURE:

1. Start **ONLY** clear liquid diet the entire day (breakfast, lunch and dinner) Ex. broth or bouillon. Jell-O (no red or purple), coffee black or with sugar (No dairy or non dairy creamers), tea, lemonade, fruit juices without pulp, white grape juice/apple, clear soda (Sprite, 7-up, ginger ale), Gatorade, PowerAde, popsicles (no red).
2. Daily medications can be continued unless otherwise specified.
3. At **4 PM** take 4 Osmo prep tablets every 15 minutes with at least 8 ounces of any clear liquid **until 20 tablets have been consumed.**
4. At **7 PM** repeat taking the Osmo prep tablets as above until the remaining tablets have been consumed (for a TOTAL of 32 tablets only).
5. Continue drinking clear liquids, at least another liter, during the course of the evening.
- 6.

DAY OF PROCEDURE:

1. You may brush your teeth.
2. You need a driver and your driver must stay at the facility. Public transportation and taxis are **NOT** allowed.
3. Take **blood pressure meds, anti-anxiety meds, anti-psychotic meds, pain meds, heart meds, anti-seizure meds and convulsant meds** with a sip of water unless otherwise specified.
4. Please bring with you:
 - Photo ID and Insurance card(s)
 - Completed Medication List – Medications **MUST** be written out. NO pre-printed, copied or lists from previous visits will be accepted.
 - Patient's Bill of Rights Form
 - Reading glasses, if applicable

No liquids 2 hours prior to your procedure, except for a sip of water with blood pressure, heart and anti-seizure medications or the procedure may be canceled.

Please contact the office at 407-830-8661 with any questions. Or email us at info@ddcOrlando.com