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## INSTRUCTIONS FOR OSMO PREP

Please do not take Advil, Motrin, Aleve, Ibuprofen, etc. or Vitamin E for 7 days prior to examination. Tylenol is ok. If you take aspirin, Persantine, Plavix, Ticlid, Coumadin, Aggrenox, Pletal, Cilostazol or any prescribed non-steroidal anti-inflammatory drug or diabetes medication, ask your prescribing doctor for special instructions and let us know. Please continue to take your other medication as usual.

### DAY BEFORE YOUR EXAMINATION

Drink **ONLY CLEAR FLUIDS** for breakfast, lunch and dinner. No solid foods. Clear liquids include water, bouillon, coffee or tea without milk, carbonated and non-carbonated soft drinks, clear fruit juices, Jello, ice pops. **DO NOT TAKE ANYTHING RED OR PURPLE IN COLOR.** Some suggestions on what you can have: Broth (chicken, beef or seafood). Lemon, lime or pineapple Jello.

#### *First dosing regimen*

Begin your first dosing regimen 5:00 pm the day prior to the exam.

Take 4 Osmo tablets with 8 ounces of any clear liquid every 15 minutes for a total of 20 tablets. **Do not exceed 20 tablets.**

#### First dosing regimen

Start date: \_\_\_\_\_

- Dose 1: Time 5:00 pm 4 tablets  
+ 8oz clear liquid
- Dose 2: + 15min 5:15 pm 4 tablets  
+ 8 oz clear liquid
- Dose 3: + 15 min 5:30 pm 4 tablets  
+ 8oz clear liquid
- Dose 4: + 15 min 5:45 pm 4 tablets  
+ 8 oz clear liquid
- Dose 5: + 15 min 6:00 pm 4 tablets  
+ 8 oz clear liquid

**\*\*NOTHING BY MOUTH \_\_\_\_ HOURS PRIOR TO PROCEDURE\*\***

#### APPOINTMENT INFORMATION

Date: \_\_\_\_\_ Doctor: \_\_\_\_\_ Arrive at: \_\_\_\_\_

Report to  St. Vincent's hospital  Endoscopy Center of Fairfield  
 2800 Main St, BPT 425 Post Rd, FFLD

#### *Second dosing regimen*

Begin your second dosing regimen 3 to 5 hours before the exam.

Take 4 Osmo tablets with 8 ounces of any clear liquid every 15 minutes for a total of 8 tablets. **Do not exceed 8 tablets.**

#### Second dosing regimen

Start date: \_\_\_\_\_

- Dose 1: Time \_\_\_\_\_ 4 tablets  
+ 8 oz clear liquid
- Dose 2: + 15 min \_\_\_\_\_ 4 tablets  
+ 8 oz clear liquid

## PLEASE ARRANGE FOR A RIDE HOME AFTER YOUR PROCEDURE

Revised 08/01/2011