

**Colonoscopy Prep #3 Osmo**

**ANY QUESTIONS CALL Fairfield 203-292-0000  
Bridgeport 203-333-3328**

Report to ( ) St. Vincent’s Medical Center ( ) The Endoscopy Center of Fairfield  
2800 Main St, Bridgeport, CT 425 Post Rd, Fairfield, CT

Date \_\_\_\_\_ Arrive at \_\_\_\_\_ Procedure Time \_\_\_\_\_ Doctor \_\_\_\_\_

**FILL the attached *Osmo* prescription (only 28 tablets) at the pharmacy as soon as possible. If Monday procedure please pick up before weekend start.**

**Do not follow instructions on the bottle, follow the instructions below:**



If you take any of the following medications call your Prescribing Doctor and let them know about your upcoming procedure. Your Doctor may want to make changes.

**Diabetic Medications:** Metformin, Actos, Glipizide, Insulin, etc.

**Blood Thinners:** Ask your Doctor how long you can be off the following medications before your procedure: Aspirin, Persantine, Plavix, Ticlid, Coumadin, Effient, Aggrenox, Pletal, Cilostazol, Pradaxa, Xarelto, Brilinta, Eliquis, prescribed non-steroidal anti-inflammatory, (Celebrex, Mobic, etc.)

**ONE WEEK BEFORE THE PROCEDURE**



Advil, Motrin, Aleve, Ibuprofen, Fish Oil, Iron and Vitamin E. Nuts, Seeds, Corn, Popcorn, Metamucil, Citrucel, and Flax Seed. (TYLENOL is OK).

**ONE DAY BEFORE PROCEDURE:**

1. **Drink Clear Liquids ONLY** (The more you drink, the better the prep will be) **NO FOOD**
2. Beginning at 5 p.m., take 4 Osmo tablets with 8 ounces of clear liquid every 15 minutes for a total of 20 tablets.
3. Expect loose watery bowel movements.
4. **YOU MUST** continue drinking clear fluids until bedtime. Place a towel under your buttocks at night when you are sleeping.

**ON THE DAY OF THE PROCEDURE:**

**Please do not wear fragrant products.**

1. Get up 6 Hours Before your procedure – take 4 Osmo tablets with 8 ounces of clear liquid . In 15 minutes take an additional 4 Osmo tables with 8 ounces of clear liquids. Follow with 3 glasses of clear liquids. (You only need to take 28 tablets all together).
2. Take your morning medications.
3. **3 Hours before -- STOP DRINKING.**



**EXAMPLES OF CLEAR LIQUIDS (Please try to drink 4-6 oz every hour)**

Pedialyte, Gatorade, bouillon cubes, broth, consommé, apple juice, white grape juice, white cranberry juice, strained lemonade, crystal light, water, Italian ice, sorbet, popsicles, or jello. You may have 1 cup of black coffee or tea per day, sugar is okay.

**DON'T HAVE: ONLY WATER  
ANYTHING RED or PURPLE  
MILK or CREAM**



YOU WILL NEED A RESPONSIBLE  RIDE HOME. **NO DRIVING!!!**  
Expect to be here for 90 minutes to 2 hours.