

ALAA ABOUSAIF, MD
GASTROENTEROLOGY

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OSMOPREP BOWEL PREPARATION INSTRUCTIONS

Scheduled for: Date: ____/____/____ Time: _____ a.m./p.m.

Note: At least a few days before beginning the following steps, have your prescription for 32 OSMOPREP TABLETS filled at the pharmacy.

THE DAY PRIOR TO PROCEDURE START A CLEAR LIQUID DIET FROM THE MOMENT YOU WAKE UP: ACCEPTABLE CLEAR LIQUIDS IS ATTACHED.

STARTING 6:00 p.m. take 4 OsmoPrep tablets every 15 minutes, as directed below, with at least 8oz of clear liquid until 20 tablets have been consumed.

IT IS VERY IMPORTANT TO DRINK THE FULL GLASS OF LIQUID WITH EACH DOSE



8oz +4 tablets
@ 6:00pm



8oz +4 tablets
@ 6:15pm



8oz +4 tablets
@6:30pm



8oz +4 tablets
@6:45pm



8oz +4 tablets
@7:00pm

BEGIN SECOND DOSE: 3 to 5 hours prior to procedure: TAKE 4 OsmoPrep tablets every 15 minutes with at least 8oz of clear liquid, until the remaining 12 tablets have been consumed.



8oz. + 4 Tablets
@ _____



8oz. + 4 Tablets
@ _____



8oz. + 4 Tablets
@ _____

DAY OF THE PROCEDURE:

DO NOT TAKE ANYTHING BY MOUTH OTHER THAN THE MORNING DOSE OF THE PREP
YOU WILL TAKE your regular medicines like blood pressure medicines and heart medicines as normal in the morning with a sip of water

You must have a friend or relative drive you home from you procedure. No Public Transportation or Cabs can be used. The procedure will be cancelled if you fail to bring a driver with you.