OsmoPrep Tablets Seema A. Dar, M.D.

Date *Time* *Patient Name*

At:

____ Theda Oaks Endoscopy Center, 19226 Stone Hue #103, 210-268-0100 .

Day before the Exam:

Have a good breakfast in the morning (no later than 10 a.m.). After breakfast follow clear liquid diet.

Clear Liquid Diet:

The rest of the day you will be on a clear liquid diet.

This may include: soft drinks, sports drinks, clear pulp-free fruit juices, tea, coffee (no milk or dairy creamer), bouillon, gelatin (no red), popsicles (no sherberts or fruit bars), and of course water. You may also have hard candies. Please keep in mind that your brain prefers glucose (sugar) for fuel so be sure to have some sweet items spaced throughout the day. (You may not have milk or artificially-dyed red products.)

At 4 pm: Begin Taking your OsmoPrep Tablets. Take 4 tablets every 15 minutes with 8 ounces of water (or any clear liquid listed above) every 15 minutes for a total of 20 Tablets.

You must drink all required liquids; otherwise you may risk a poor preparation and have to reschedule your examination.

At 8 pm: Take 4 tablets every 15 minutes with 8 ounces of water (or any clear liquid listed above) every 15 minutes for a total of 12 Tablets.

Note: Your colon should be cleaned out 3-4 hours after taking the laxative. You will know your colon is clean when you are passing nothing but clear yellowish fluid with a few particles. For this prep to be effective, you must drink the required amount of fluids with the pills and continue to drink fluids throughout the day.

You may continue to drink clear liquids within two hours of your procedure

Special Instructions for those on diabetic or blood thinning medications (including Aspirin).

If you take insulin, use half of your regular dose the morning of the exam, unless instructed otherwise. If you take any diabetic pill(s) you need to hold off on taking the pill(s) the morning of the exam. Stop taking aspirin one week prior to the exam; stop taking coumadin and/or Plavix four days prior to the exam.

Additional Instructions: Bring Driver, allow 2 1/2 to 3 hours for procedure, make sure that you bring insurance info and picture ID, wear socks. Keep in mind that you will be required to make a payment at the time of service if you have a deductible with your insurance.