

THERE WILL BE A \$50 DOLLAR FEE FOR RESCHEDULING AND IT IS NOT BILLABLE TO YOUR INSURANCE

William L. Carveth, MD

559.440.0283

Osmo Prep - For Your Colonoscopy

7 DAYS BEFORE THE EXAM: **NO** ASPIRIN-BASED PRODUCTS, BUFFERIN, EXCEDRIN, ANACIN, ECOTRIN, MOTRIN, ADVIL, IBUPROFEN, ALEVE, NAPROSYN, OR ANY OTHER ANTI-INFLAMMATORY DRUGS. NO VITAMINS, NO HERBS. **TYLENOL IS O.K.**

4 DAYS BEFORE THE EXAM: PLEASE DO NOT EAT PEAS, BEANS, CORN, NUTS, SESAME SEEDS, FIGS, OR BERRIES, ETC., AS THEY CAN GET STUCK IN THE SCOPE.

DAY BEFORE YOUR EXAM: **YOU MAY ONLY HAVE CLEAR LIQUIDS** (NO MILK PRODUCTS & NO SOLID FOOD). ANY OF THE LIQUIDS BELOW ARE OKAY, AS LONG AS THEY ARE **NOT COLORED RED OR PURPLE.**

* STRAINED FRUIT JUICES WITHOUT PULP (APPLE, WHITE GRAPE, LEMONADE)

* COFFEE OR TEA (WITHOUT MILK OR NONDAIRY CREAMER)

* PLAIN JELL-O (WITHOUT ADDED FRUITS OR TOPPINGS)

* ICED POPSICLE OR KOOL-AID (BLUE, GREEN, YELLOW, ORANGE OR PINK IS O.K.)

* WATER

* CLEAR BROTH

* GATORADE

* FIZZY / NON-FIZZY SOFT DRINKS

4 PM: TAKE 4 OSMO PREP TABLETS WITH 8 oz OF CLEAR LIQUID EVERY 15 MINUTES FOR A TOTAL OF 20 TABLETS (5 DOSES AND AT LEAST 32 oz OF CLEAR LIQUID)

8 PM: TAKE 4 OSMO PREP TABLETS WITH 8 oz OF CLEAR LIQUID EVERY 15 MINUTES FOR A TOTAL OF 12 TABLETS (3 DOSES AND AT LEAST 24 oz OF CLEAR LIQUID)

IN TOTAL, YOU WILL BE TAKING 32 PILLS AND AT LEAST 56 oz OF CLEAR LIQUID. YOU ARE ENCOURAGED TO DRINK AS MUCH CLEAR LIQUID AS YOU CAN. IN THIS CASE, MORE IS BETTER!!

DAY OF YOUR EXAM: **NOTHING TO EAT OR DRINK!**

MEDICATIONS: PLEASE NOTE IF YOU ARE ON ANY HEART OR BLOOD PRESSURE MEDS, TAKE THE DAY OF THE EXAM WITH A SMALL SIP OF WATER, NO LATER THAN 6 AM. NO HYDROCHLOROTHIAZIDE (HCTZ) THE AM OF EXAM. NO DIABETIC MEDS THE NIGHT BEFORE OR MORNING OF EXAM. IF YOU TAKE ANY OTHER MEDS ON A REGULAR BASIS, PLEASE ASK THE DR. AND HE WILL DETERMINE IF IT IS NECESSARY THE DAY OF EXAM.

INSURANCE: IF YOU HAVE ANY CHANGES, WE **MUST** HAVE A COPY, FRONT AND BACK OF THE NEW CARD.

PLEASE CALL IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING THE INSTRUCTIONS OR EXAM

SOMEONE MUST DRIVE YOU TO AND FROM YOUR COLONOSCOPY!!

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DAY BEFORE YOUR EXAM: **YOU MAY ONLY HAVE CLEAR LIQUIDS** (NO MILK PRODUCTS & NO SOLID FOOD).

5 PM: TAKE 4 OSMO PREP TABLETS WITH 8 oz OF CLEAR LIQUID EVERY 15 MINUTES FOR A TOTAL OF 20 TABLETS (5 DOSES AND AT LEAST 32 oz OF CLEAR LIQUID)

YOU ARE ENCOURAGED TO DRINK AS MUCH CLEAR LIQUID AS YOU CAN. IN THIS CASE, MORE IS BETTER!!

ANY OF THE LIQUIDS BELOW ARE OKAY, AS LONG AS THEY ARE **NOT COLORED RED OR PURPLE.**

- * STRAINED FRUIT JUICES WITHOUT PULP (APPLE, WHITE GRAPE, LEMONADE)
- * COFFEE OR TEA (WITHOUT MILK OR NONDAIRY CREAMER)

* PLAIN JELL-O (WITHOUT ADDED FRUITS OR TOPPINGS)

* ICED POPSICLE OR KOOL-AID (BLUE, GREEN, YELLOW, ORANGE OR PINK IS O.K.)

* WATER * CLEAR BROTH * GATORADE * FIZZY / NON-FIZZY SOFT DRINKS

DAY OF EXAM: 3 TO 5 HRS BEFORE YOUR EXAM TAKE 4 OSMO PREP TABLETS WITH 8 oz OF CLEAR LIQUID EVERY 15 MINUTES FOR A TOTAL OF 12 TABLETS (3 DOSES AND 24 oz OF CLEAR LIQUID)

MEDICATIONS: PLEASE NOTE IF YOU ARE ON ANY HEART OR BLOOD PRESSURE MEDS, TAKE THE DAY OF THE EXAM WITH A SMALL SIP OF WATER, NO LATER THAN 6 AM. NO HYDROCHLOROTHIAZIDE (HCTZ) THE AM OF EXAM. NO DIABETIC MEDS THE NIGHT BEFORE OR MORNING OF EXAM. IF YOU TAKE ANY OTHER MEDS ON A REGULAR BASIS, PLEASE ASK THE DR. AND HE WILL DETERMINE IF IT IS NECESSARY THE DAY OF EXAM.

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