Osmo Prep – Morning Exams

Osmo Prep is a prescription drug. A few days before your appointment, take your prescription to the pharmacy and purchase one   32 tablet bottle.

Five days before your procedure:
- Stop Aspirin, Plavix, and Coumadin.
- Notify your Cardiologist and ask if they want to replace these medications with Lovenox during this time.
- Stop Iron supplements and multivitamins with iron.
- Avoid eating seeds, nuts, corn, and foods containing nuts and seeds.

Day before your procedure:
- Stop Arthritis Medications such as Advil, Aleve, Motrin, and Ibuprofen. Tylenol is allowed.
- Begin your clear liquid diet at breakfast: water, apple juice, white cranberry/white grape juice, Gatorade/PowerAde, beef/chicken bouillon, Jell-O, Popsicles, sprite/gingerale, tea, and black coffee (no cream).
- ***Avoid: Red and purple fluids, solid food, milk products, and alcohol.***

Osmo Prep Schedule
- The Osmo Prep bottle contains 32 pills, you will take 20 pills at 2:00 p.m. and 12 pills at 8:00 p.m. as instructed below…
- **Day before procedure, at 2:00 p.m.** take four (4) Osmo Prep tablets with 8 to 12 ounces of any clear liquid every 15 minutes until a total of 20 tablets have been taken. (**You will be taking 4 pills at 2:00, 2:15, 2:30, 2:45, and 3:00 p.m.**)
- **Day before the procedure at 8:00 p.m.** take four (4) Osmo Prep tablets with 8 to 12 ounces of any clear liquid every 15 minutes until a total of 12 tables have been taken. (**You will be taking pills at 8:00, 8:15, and 8:30 p.m.**)

Day of the Procedure
- ***Do not drink or eat anything after midnight.***
- You may take your heart, blood pressure, seizure, or anxiety medicines with a small amount of water BEFORE you leave home. Check with your physician if you have any questions about medications to be taken prior to your procedure.
- Do not take oral diabetic medications the morning of your procedure.

If you have any questions, please contact our office at 865-523-6418.

Due to sedation, you must have someone drive you home!!