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OSMO PREP (Pill Prep)

DAY BEFORE PROCEDURE: _____

CLEAR LIQUID DIET ALL DAY: Examples: Black coffee, tea, apple juice, white grape juice, soft drinks, Gatorade, chicken or beef broth, jell-o, popsicles, and hard candy.

NO SOLID FOODS, NOTHING RED IN COLOR, AND NO MILK PRODUCTS.

- 1. At 4:00pm Take 4 Osmo tablets every 15 minutes with at least 8oz of clear liquid until all 20 tablets have been consumed. Take the last dose of Osmo tablets with 12oz of Ginger Ale.**

4:00pm	4:15pm	4:30pm	4:45pm	5:00pm
4 Tablets	4 Tablets	4 Tablets	4 Tablets	4 Tablets
8oz of liquid	8oz of liquid	8oz of liquid	8oz of liquid	12oz Ginger Ale

- 2. At 8:00pm Take 4 Osmo tablets every 15 minutes with at least 8oz of clear liquid until all 12 tablets have been consumed. Take the last dose of Osmo tablets with 12oz of Ginger Ale.**

8:00pm	8:15pm	8:30pm
4 Tablets	4 Tablets	4 Tablets
8oz of liquid	8oz of liquid	12oz of Ginger Ale

NOTHING TO EAT OR DRINK AFTER MIDNIGHT!

DAY OF PROCEDURE: _____

NOTHING TO EAT OR DRINK NOT EVEN WATER, EXCEPT WITH YOUR MEDICATIONS!!!

SPECIAL INSTRUCTIONS FOR ROUTINE MEDICATIONS:

Blood Pressure Medicine	Take with a sip of water
Heart Medicine	Take with a sip of water
Oral Diabetic Medicine	Hold morning of the procedure
Blood Thinner	Stop 5 days prior to procedure
Aspirin or aspirin products`	Stop 5 days prior to procedure
Iron Preparations	Stop 5 days prior to procedure
Vitamin E	Stop 5 days prior to procedure
Insulin	Hold morning of the procedure

****If you are a diabetic, check your blood sugar prior to coming in for your procedure.****

Report to: _____

Arrival Time: _____ Day _____ Date _____

YOU MUST HAVE SOMEONE TO ACCOMPANY YOU & DRIVE YOU HOME DUE TO SEDATION!!

*****Please understand that if a biopsy is taken during your procedure then the insurance coding goes from screening to diagnostic. If you have questions contact our office.*****