



**Antonio Serna,
M.D.**



Questions?

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OsmoPrep Instructions

FOUR DAYS BEFORE your procedure:

1. Stop aspirin, aspirin products, blood thinners, and anti-inflammatory medicines. Tylenol is OK.
2. If you are on blood thinners or aspirin, contact your Primary Care Physician or Cardiologist for consent to stop these medication for 4 days. (Please **DO NOT** stop taking high blood pressure, asthma, seizure, or heart medications.)

TWO DAYS BEFORE your procedure:

1. STOP taking iron and multivitamins.

ONE DAY BEFORE your procedure:

1. You may have a light breakfast before **10:00 AM**.
2. After 10:00AM, you must be on a clear liquid diet throughout the day. *Clear liquids include: water, clear fruit juices without pulp (such as apple, white grape, or white cranberry), strained limeade or lemonade, coffee or tea (do not use dairy or non-dairy creamer), clear broth or bouillon, clear soda, sports drinks (e.g., Gatorade), gelatin (without added fruit or topping), and Popsicles (without pieces of fruit or fruit pulp).* Ask your doctor if you have any questions about whether a particular drink is acceptable. **Nothing red, orange, or purple in color, and no milk products.** Continue to drink as many fluids as you can throughout the day to help keep you hydrated and feeling full.
3. Beginning at approximately **5:00 PM: Step 1**, Take 4 tablets with 8 oz. of clear liquid every 15 minutes. You will take a total of 20 tablets over a 1-hour period.

THE DAY OF your procedure:

1. Beginning approximately **3-5 hours before colonoscopy: Step 2**, Take 4 tablets with 8 oz. of clear liquid every 15 minutes. You will take a total of 12 tablets over a 30-minute period.
2. You may take heart, blood pressure, asthma, and seizure medications with a sip of water.
3. All patients must have a family member or friend to sign your discharge orders, even if public transportation is taken or rides provided by Medicare or Medicaid. Procedures will be rescheduled if transportation arrangements have not been made for your safe return trip home.
4. We ask that you please leave all valuables at home, as we cannot be responsible for the loss of your valuables.

If your colonoscopy is scheduled for the morning, do not eat or drink anything (other than the preparation) after midnight. If your colonoscopy is scheduled after 1:00pm, you may have a small quantity of clear liquids in the morning until 9:00am.

Please contact Dr. Serna's office 48 hours prior to cancel or reschedule procedure.

