

## COLONOSCOPY - OSMO PREP INSTRUCTIONS

### FOUR DAYS BEFORE THE PROCEDURE:

Fill prescription from your doctor for 32 OsmoPrep tablets.

### INSTRUCTIONS FOR THE DAY BEFORE THE PROCEDURE:

You will be on clear liquids only, no solids foods or milk products. **NO RED OR PURPLE LIQUIDS.** **Remain close to toilet facilities.**

**First Regimen: at 6pm take 4 tablets of OsmoPrep with 8 ounce clear liquid.** Repeat every 15 minutes for a total of 20 tablets. This will take 1 hour.



4 tablets



4 tablets  
15 min. later



4 tablets  
15 min. later



4 tablets  
15 min. later



4 tables  
15 min. later

**Second Regimen: 3-5 hours before procedure take 4 tablets of OsmoPrep with 8 ounce clear liquid.** Repeat every 15 minutes for a total of 12 tablets. This will take 30 minutes.



4 tablets



4 tablets  
15 min. later



4 tablets  
15 min. later

**\*\*\*Patients should not take OsmoPrep Tablets who have – impaired renal function  
Or  
Congestive heart failure**

### Clear Liquids:

The following are examples of clear liquids. You may have as much of these for meals while preparing for the exam. Please avoid red or purple colored liquids. Sugar, sweetener, and lemon are allowed. No milk, cream or pulpy juices are permitted.

Fruit juices	broth (beef or chicken)	Gatorade	tea
Soda pop	Jell-O-O	Popsicle	iced tea
Water	lemonade	bouillon	coffee

