

COLONOSCOPY PREPARATION INSTRUCTIONS

4A- OSMO PREP

It is very important for you to **read and follow these instructions**. Failure to do so may result in cancellation of your procedure. Please keep them in a place where you can find them to **review again**, **ALONG WITH THE GENERAL COLONOSCOPY INSTRUCTIONS, one week prior to your test date**.

HELPFUL TIP: Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) three (3) to five (5) days prior to your procedure.

TEST DATE: _____ **ARRIVAL TIME:** _____

One day prior to procedure _____, **follow a clear liquid diet (see sample diet)**

- **Beginning at 8:00 am start prep as follows:**
Take Osmo Prep pills every 2 hours, as directed below, until 32 tablets have been taken.

Take all doses with AT LEAST 8oz. of any clear liquids.

Remain close to a bathroom

-8:00 AM take 4 pills

-10:00 AM take 4 pills

-12:00 NOON take 4 pills

-2:00 PM take 5 pills

-4:00 PM take 5 pills

-6:00 PM take 5 pills

-8:00 PM take 5 pills

(If you aren't having good results (bowel movements) by 10PM, take 4 Dulcolax tablets

You may continue your Clear liquid Diet during the evening/night and up to 4 hour prior to your arrival time.

Clear Liquid Diet for Colonoscopy Prep Day

HELPFUL TIP: Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) three (3) to five (5) days prior to your procedure.

No Red Colored liquids, ice or Jell-O, they may look like blood during the procedure. You MAY NOT have milk or creamer, or any alcoholic beverages on a clear liquid diet

Allowable Choices

- Black coffee (no milk or Creamer)
- Tea hot or cold (no milk or creamer)
- Sports Drinks (Gatorade, PowerAde, Pedialyte)
- Clear Soda (sprite, 7up, seltzer, ginger ale)
- Lemonade
- Broth or bouillon (chicken, beef, vegetable)
- Flavored Jell-O (no red)
- Lemon Ice or Italian Ice (no red)
- Clear Juices any flavor (apple, white cranberry or grape etc.)
- Crystal Light

STOP all clear liquids 4 hours before your scheduled arrival time