

Instructions for Colonoscopy Preparation with OsmoPrep™

FOLLOW THESE INSTRUCTIONS FOR YOUR PREPARATION

Failure to take the prep as indicated below will result in a poorly cleansed colon and **cancellation** of the procedure. Please follow these directions provided in the Colonoscopy Brochure, not the prep itself. This is for your **safety** and to eliminate the possibility of having to repeat this procedure

What You will Need to Successfully Complete this Prep:

- Please pick up your OsmoPrep™ prescription at your pharmacy within 5 days
- Clear Liquids: Clear liquids consist of JELL-O®, APPLE JUICE, TEA, BLACK COFFEE, CLEAR BROTH, SODAS, WATER, LEMONADE, GATORADE® AND POPSICLES® or any liquid you can see through; **AVOID RED AND PURPLE LIQUIDS.** ** Solid foods, milk, or milk products are **NOT ALLOWED.**

DAY BEFORE YOUR PROCEDURE:

- Eat a soft light diet until _____ (eggs, plain oatmeal, pudding, soups, applesauce.)
- **Drink only clear liquids after _____:** Solid foods, milk, or milk products are **NOT ALLOWED.**
- Stay hydrated. The more you drink, the better you'll feel, and you **will** be more likely to have a good prep so the doctor can complete the procedure.

EVENING BEFORE YOUR PROCEDURE:

- Starting at ____pm the evening before your procedure, take four (4) OsmoPrep™ tablets every 15 minutes with at least eight (8) ounces of any clear liquid until 20 tablets have been consumed. Remain close to toilet facilities as you will experience watery/yellow diarrhea.

DAY OF YOUR PROCEDURE:

- Continue a clear liquid diet.
Five (5) hours before your arrival time, take four (4) OsmoPrep™ tablets every 15 minutes with at least eight (8) ounces of clear liquids until the remaining 12 tablets have been consumed.
- **Do not drink anything four (4) hours before your arrival time!!!**

Special instructions _____

If you have any questions, please call our office 860-347-4620 .