

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) **SEVEN DAYS PRIOR TO PROCEDURE FOLLOW A LOW RESIDUE DIET; NO marijuana the day before and day of procedure; NO tobacco use the day of 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

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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