

**OsmoPrep Bowel Preparation Instructions for Colonoscopy**  
**For Exams Starting After 10:00am**

**FOR THE ENTIRE DAY BEFORE THE EXAM**

Clear liquids only, which include the following:

- ❖ Soft drinks (orange soda, ginger ale, cola, Sprite, 7-Up, etc.) Kool-Aid
- ❖ Strained fruit juices without pulp (apple, white grape, lemonade, etc.)
- ❖ Water, tea, coffee, (no milk or non-dairy creamer)
- ❖ Low-sodium chicken or beef bouillon/broth
- ❖ Hard candies
- ❖ Jell-O (lemon, lime or orange, no fruit toppings)
- ❖ Popsicles (no sherbets or fruit bars)

**DO NOT DRINK ANYTHING COLORED RED OR PURPLE.**

**Do not eat anything after midnight the night before the exam. You may, however, have up to 12 oz. of clear liquids up until 4 hours before your procedure.**

**HOW TO TAKE THE OSMO PREP**






(For Exams After 10:00am)

Buy 32 OsmoPrep pills (you should have received a prescription for this at your office visit) and clear liquid.

**DAY BEFORE THE EXAM**

**First Dose** (20 tablets over one hour)




Begin the first dose at 6:00pm. Swallow 4 OsmoPrep tablets with at least 8 oz of clear liquids every 15 minutes (follow the clear liquid diet listed above), until you have taken all 20 tablets. Do not exceed 20 tablets.

				
8oz	8oz	8oz	8oz	8oz
4 OsmoPrep Tablets @ 6:00pm	4 OsmoPrep Tablets @ 6:15pm	4 OsmoPrep Tablets @ 6:30pm	4 OsmoPrep Tablets @ 6:45pm	4 OsmoPrep Tablets @ 7:00pm

**DAY OF THE EXAM**

**Second Dose** (12 tablets over 30 minutes)

Begin the second dosing regimen at approximately 6:00am. Swallow 4 OsmoPrep tablets with at least 8oz of clear liquids every 15 minutes until you have taken the remaining 12 tablets.

		
8oz	8oz	8oz
4 OsmoPrep Tablets @ 6:00am	4 OsmoPrep Tablets @ 6:15am	4 OsmoPrep Tablets @ 6:30am

Individual response to laxatives varies. These preps often work within 30 minutes, but it may take as long as 3 or more hours to begin working. Remain close to a toilet as multiple urgent bowel movements will occur.

**Note:** The area around your rectum may become sore from all the bowel movements. To minimize this discomfort, use a flushable wipe instead of dry toilet paper. Wipes are sold with the toilet paper in supermarkets. You can also apply petroleum jelly to the perianal area between bowel movements.

**PLEASE CALL OUR OFFICE AT LEAST 1 WEEK BEFORE YOUR SCHEDULED PROCEDURE IF YOU HAVE ANY QUESTIONS ABOUT THE PREP OR MEDICATIONS.**