

**BOWEL PREPARATION INSTRUCTIONS**  
**For Exams Starting Before 10:15am**

**FOR THE ENTIRE DAY BEFORE THE EXAM**

Clear liquids only, which include the following:

- ❖ Soft drinks (orange, ginger ale, cola, sprite, 7-up, etc.), Kool-Aid
- ❖ Strained fruit juices without pulp (apple, white grape, 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 your exam. You may, however, have up to 12 oz. of clear liquids up until 4 hours before your procedure.**

**HOW TO TAKE THE OSMOPREP**

(For Exams starting before 10:15am)

Buy 28 OsmoPrep pills (prescription), 4 Dulcolax (or generic equivalent bisacodyl) 5mg pills (an over the counter laxative), and clear liquid.

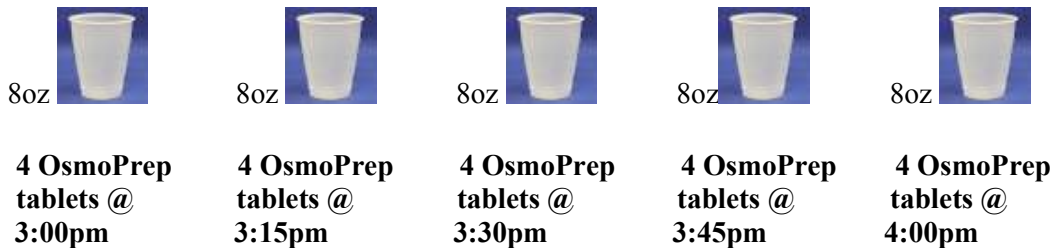
**DAY BEFORE EXAM**

Take first 20 tablets with any clear liquid. Per diagram below.

Date: \_\_\_\_\_ Time: 3:00 pm

**First Dose**

Begin the first dose at 3pm. Take 4 OsmoPrep tablets every 15 minutes with at least 8oz of clear liquids (follow the clear liquid diet listed above), until you have taken all 20 tablets. Do not exceed 20 tablets. The cups below represent 8oz of clear liquid.



**Second Dose**

Begin the 2<sup>nd</sup> dosing regimen approximately 8pm, not before. Take this regimen as shown. Take 8 tablets with any clear liquid every 15 minutes.



Date: \_\_\_\_\_  
Start Time: 8:00pm

**4 OsmoPrep  
tablets @  
8:00pm**

**4 OsmoPrep  
tablets @  
8:15pm**

**4 Dulcolax  
5mg tablets  
@ 8:30pm**

Dulcolax must be purchased over the counter and taken with water. Dulcolax can be substituted with the generic form Bisacodyl.

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.**