

OSMO PREP

5 DAYS BEFORE THE COLONOSCOPY:

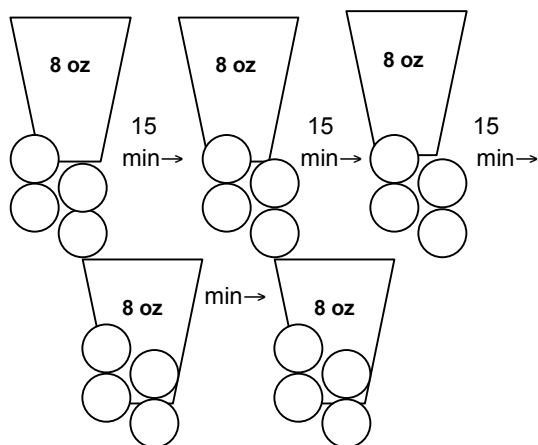
- **Stop** taking iron (including multivitamins) or Pepto Bismol.
- Avoid foods that contain seeds or nuts starting today and up to the procedure.
- Purchase the **OsmoPrep** tablets (by prescription) from the pharmacy.

CHECKLIST for 5 DAYS BEFORE THE COLONOSCOPY

- Obtain the OsmoPrep laxative from the pharmacy.
- Stop taking any medications as instructed by your doctor.

1 DAY BEFORE THE COLONOSCOPY:

- You may eat a light breakfast such as two eggs **or** two pieces of toast.
- Have clear liquids only for lunch and dinner. These include water, coffee, tea, clear broth, juices without pulp (no orange juice), soda, Gatorade, jello or plain yogurt. Do not drink red colored liquids as this can interfere with the test. Do not drink alcohol.
- It is important to drink plenty of fluids so you do not become dehydrated and so that the laxative will be effective. Starting at 1 pm drink at least one 8 ounce glass of clear liquids every hour.
- **At 4 pm, take four (4) OsmoPrep tablets with 8 ounces of clear liquid.** Take an additional four (4) tablets every 15 minutes for a **total of 20 tablets**. This will be five doses of four tablets each with their own 8 ounces glass of clear liquid.



15

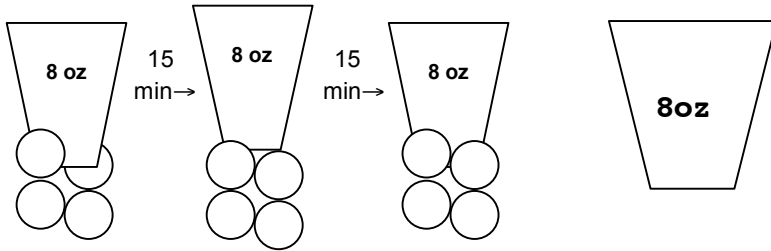
- Drink at least 3 more eight (8) ounce glasses of clear liquids during the rest of the evening. You can drink more, but not less. Medicines should be taken on their regular schedule except the ones mentioned above. Nothing to eat or drink after midnight except the additional prep.

CHECKLIST for 1 DAY BEFORE THE COLONOSCOPY

- 7-9 am: Light Breakfast. Liquids only after breakfast.
- 1 pm: 8 ounce glass of water / clear liquids
- 2 pm: 8 ounce glass of water / clear liquids
- 3 pm: 8 ounce glass of water / clear liquids
- 4 pm: 4 pills with 8 ounces of clear liquids every 15 minutes for a total of 5 doses which will be 20 pills total**
- 5 pm: 8 ounce glass of water / clear liquids
- 6 pm: 8 ounce glass of water / clear liquids
- 7 pm: 8 ounce glass of water / clear liquids

THE DAY OF THE COLONOSCOPY:

- Take **four (4) OsmoPrep tablets with 8 ounces. of clear liquid.** Take an additional four (4) tablets every 15 minutes for a **total of 12 tablets.** This will be three doses of four tablets each with there own 8oz glass of clear liquid. This needs to be **completed by __:___ AM, which is 3 hours before your scheduled procedure time.**



- Finish all of the prep and liquids 3 hours before the procedure.
- Take your usual morning medications (except the ones mentioned above) with a small amount of water. **Nothing else by mouth until after the procedure.**
- Make sure to have someone to drive you home from the procedure. You will not be able to drive for 24 hours.
- Wear loose fitting, comfortable clothing

CHECKLIST for DAY OF THE COLONOSCOPY

_____ am: 4 pills with 8 ounces of clear liquids every 15 minutes for a total of 3 doses which will be 12 pills total.

You will be drowsy from the medication, and will NOT be able to drive yourself home. Please arrange to have someone drive you home.

No exceptions will be made.

Bring a photo I.D. and insurance card.