

## **OSMO PREPARATION**

You will need a prescription for this preparation.

## **GENERAL INSTRUCTIONS**

**Three days before procedure**, DO NOT eat nuts, corn, seeds, popcorn, raisins, raw or cooked vegetables, dried or fresh fruits.

Purchase:

- Dulcolax tablets (5 mg) – 2 tablets
- Fill your OsmoPrep prescription – 32 tablets

## **ONE DAY BEFORE PROCEDURE**

You may have a regular breakfast, and a light lunch but no solid food thereafter. The remainder of this day you may only have clear liquids (see list below). It is important for you to drink clear liquids before, during and after taking OsmoPrep. This may help prevent kidney damage and better clean your colon.

## **EVENING BEFORE YOUR PROCEDURE**

3:00 pm: Take 2 Dulcolax tablets

6:00 pm: Start the preparation. You will need to take 4 tablets of OsmoPrep with 8 oz. of clear liquid, wait 15 minutes and repeat five times, for a total of 20 tablets.

## **DAY OF PROCEDURE:**

Five hours before you leave for your colonoscopy you will take 4 tablets of OsmoPrep with 8 oz. of clear liquid, wait 15 minutes and repeat three times, for a total of 12 tablets.

You may take your morning medications at this time.

**Two hours before scheduled procedure**, stop taking anything by mouth.

Do not use any other laxatives products (especially sodium phosphate) while taking this product or for 7 days after preparation is finished.

**CLEAR LIQUID DIET LIST:** Avoid all red and purple liquids.

Soft drinks

Strained fruit juices without pulp

Water, tea, coffee (no milk or creamer)

Chicken or beef bouillon/broth

Hard candies

Popsicles (no sherbet or fruit bars)

Jell-O (no fruit or toppings)