

# Instructions for Colonoscopy Prep With OsmoPrep™ Tablets

## Please Read Carefully

### **4 DAYS BEFORE PROCEDURE:**

Please read through ALL instructions that were sent to you. Fill the prescription from your doctor for 32 OsmoPrep™ tablets.

### **DAY BEFORE COLONOSCOPY**

Drink only “clear liquids” for BREAKFAST, LUNCH and DINNER. **Solid foods, milk or milk products are NOT allowed.** Clear liquids include: Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth and bouillon, coffee or tea (without milk or non-dairy creamer). **You may also have the following that are NOT colored RED or PURPLE:** Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid (or other flavored drinks), plain Jell-O (without fruit or toppings), and ice popsicles.

**FOLLOW THESE INSTRUCTIONS FOR COLONOSCOPY PREPARATION** (FAILURE TO TAKE THE PREP AS INDICATED BELOW MAY RESULT IN A POORLY CLEANSED COLON AND POSSIBLE CANCELLATION OR RESCHEDULING OF PROCEDURE).

1. At 6PM take 4 OsmoPrep tablets every 15 minutes with at least 8 ounces of water or any clear liquid until all 20 tablets have been consumed. Take the last dose of OsmoPrep with 12 ounces of any clear liquid. Remain close to toilet facilities.



4 Tablets  
@ 6:00pm



4 Tablets  
@ 6:15pm



4 Tablets  
@ 6:30pm



4 Tablets  
@ 6:45pm



(Gatorade or other sport drink)  
4 Tablets\*  
@ 7:00pm

2. Decide what time you will be leaving the morning of the procedure; take the second dose 4 hours prior to leaving for your procedure. Take 4 OsmoPrep tablets every 15 minutes with at least 8 ounces of water or any clear liquid until the remaining 12 tablets have been consumed. Take the last dose of OsmoPrep with 12 ounces of any clear liquid (Gatorade or sport drink preferred).



4 Tablets  
(4 hrs. prior  
to leaving  
your home).



4 Tablets  
+15min.



4 Tablets\*  
+15min.