



## OSMOPREP INSTRUCTIONS

Colonoscopy Preparation using OsmoPrep 2 Day PM/AM Split Dosing Regimen

The colon preparation is the most important step leading to the successful completion of a colonoscopy. While inconvenient, an adequate colon cleanse will lead to an efficiently and safely performed colonoscopy that will minimize missed lesions and prevent a repeat procedure.

### **THREE DAYS BEFORE THE PROCEDURE**

No seeds, nuts, popcorn or peels from fruits and vegetables

### **ONE DAY BEFORE THE PROCEDURE**

1. **For breakfast and lunch you may choose one of the following: 2 eggs or 1 yogurt (any kind), or 1 ensure then clear liquids only for the remainder of the day.**
2. **You cannot have milk or orange juice for the entire day.**
3. Drink adequately to prevent dehydration. You may have bouillon, broth, black coffee (sugar is okay), tea, juice (apple, grape, cranberry), Gatorade (non-red color), lemonade, soda, water, Popsicles and Jell-O (any flavor or color except red).
4. You may have clear candy (such as Lifesavers, Jolly Ranchers) or sorbet ice cream (not red color).
5. **Do not take oral diabetic pills.**

### **TIMING OF PREPARATION**

#### **THE EVENING BEFORE THE PROCEDURE**

This is a preparation that requires you to take pills with liquid in two sessions. You must drink the entire OsmoPrep as prescribed to ensure your colon will be cleaned out. A poor prep can mean missed lesions (flat polyps) and cancellation and rescheduling of your procedure.

**Starting at 6:00 p.m.**

1. **Take 4 OsmoPrep tablets every 15 minutes with at least 8oz of clear liquids (as listed above) until you have taken 20 tablets (five doses). It is very important that you drink a full 8oz of clear liquid with each dose.**
2. **Do not exceed 20 tablets.**
3. **If you become nauseated, stop drinking the OsmoPrep. Resume drinking the OsmoPrep after 30 minutes, or when the nausea passes.**

#### **THE MORNING OF THE PROCEDURE**

**Beginning 4-6 hours prior to your scheduled procedure time, take 4 OsmoPrep tablets every 15 minutes with 8oz of clear liquid (or any liquid listed on the front page) until you have taken 12 tablets for three doses. It is very important that you drink a full 8oz of clear liquid with each dose. Do not exceed 12 tablets.**

1. You should take any necessary medications you normally use on the morning of the procedure with sips of water. Take nothing by mouth, including water, after completing the last OsmoPrep dose.
2. Take your regular medications on the morning of the procedure with sips of water.
3. Arrive at your scheduled appointment time.
4. Bring a list of your medications, insurance cards and photo ID.
5. After the procedure you must have a responsible adult (age  $\geq 18$ ) drive you home. It is best if your driver waits for you at the endoscopy center. You may be dropped off and picked up by a responsible person **approximately one and a half hours later.**
6. You should not drive or work until the next day.