

GASTROENTEROLOGY MEDICAL CLINIC

OsmoPrep Bowel Preparation – Split Dosing

USE ONLY THESE INSTRUCTIONS AND DISREGARD ALL OTHER INSTRUCTIONS!

5 days before your colonoscopy

Read all prep instructions.

Stop herbals, vitamins, and oral iron supplements.

Arrange for a driver for your procedure.

2 days before your colonoscopy

Obtain OsmoPrep from your pharmacy.

Confirm that you have a driver to take you home following your procedure.

AVOID ALL NUTS AND SEEDS

The day before your colonoscopy

You may have a light breakfast. This may include coffee, eggs, white bread, juice or low fiber cereal (like Rice Krispies). Do not have oatmeal. Ensure or Boost is also acceptable.

AFTER breakfast, clear liquids ONLY, plus drink an extra

8 ounces of clear liquid every hour from 11am to 3pm. Gatorade is preferred. Start taking OsmoPrep tablets at 5pm:

5pm - Take 4 OsmoPrep tablets with 8 ounces clear liquid.

5:15pm - Take 4 OsmoPrep tablets with 8 ounces clear liquid.

5:30pm - Take 4 OsmoPrep tablets with 8 ounces clear liquid.

6:00pm - Take 4 OsmoPrep tablets with 8 ounces clear liquid.

6:30pm - Take 4 OsmoPrep tablets with 8 ounces clear liquid.

7:00pm - Drink 8 ounces of clear liquid

7:30pm - Drink 8 ounces of clear liquid

8:00pm - Drink 8 ounces of clear liquid

You are encouraged to continue to drink clear liquids until you go to bed.

The first bowel movement should occur within a few hours after the start of OsmoPrep. You may experience some abdominal bloating and distension before the bowels start to move. If severe discomfort or distension occurs, stop drinking temporarily or drink each portion at longer intervals until these symptoms disappear.

The day of your colonoscopy

NO SOLID FOOD. NO ALCOHOL.

You may take your morning medications. Do not take aspirin and anti-inflammatory medications (Motrin, Advil, Ibuprofen, Aleve and others) until after the procedure.

4 hours before your scheduled procedure time, take 4 OsmoPrep tablets with 8 ounces clear liquid.

15 minutes after your first morning dose take 4 tablets with 8 ounces clear liquid.

30 minutes after your first morning dose take 4 tablets with 8 ounces clear liquid.

If your procedure is scheduled in the early morning, you'll need to get up in the middle of the night to take this dose of preparation. The correct timing of this dose is essential to an effective preparation.

You may continue to drink clear liquids until 3 hours before your scheduled procedure time.

After the procedure you may eat your usual diet unless otherwise instructed. **Drink 8 ounces of liquid at least 4 times after the procedure and before retiring for the night.**

Clear Liquid Diet – (no red or purple)

Gatorade

Clear fruit juices (apple juice)

Water, Kool-Aid

Clear soup, broth or bouillon

Tea/coffee without cream

Sodas: 7-up, Sprite, regular or diet Pepsi/Coke

Jell-O, Hard candies

Popsicles (no sherbets/fruit bars)

No solid foods, milk or milk products.