

Ocean Surgical Pavilion

Colonoscopy Prep Instructions – OsmoPrep PM Procedure (For procedures scheduled 1pm and later)

It is very important that you follow each step and complete all of these instructions or your colonoscopy may need to be repeated. The bowel preparation will not work properly unless you **drink plenty of liquids.**

If you have a history of kidney disease, congestive heart failure, or you take high blood pressure medication or diuretics, check with your doctor prior to using this prep.

To assist with the effectiveness of your prep, decrease your intake of seeds, nuts, skins, raw fruits and vegetables 4 days prior to your procedure.

Day Before Exam: _____

You may have a light breakfast (oatmeal, cereal, toast). **Starting at noon – Clear Liquids Only!**

NO SOLID FOODS, MILK OR DAIRY PRODUCTS

Clear liquids include:

- Water
- Gatorade
- Fruit juices without pulp (apple, white grape, lemonade)
- Coffee or tea without milk or non-dairy creamers (sugar substitutes are fine)
- Clear broth or bouillon (low sodium)
- Carbonated or non-carbonated soft drinks (NO RED,PURPLE, or BLUE)
- Kool-Aid or flavored drinks (NO RED, PURPLE, or BLUE)
- Popsicles or Italian Ice (NO RED,PURPLE or BLUE)
- Jell-o without fruit or toppings (NO RED,PURPLE, or BLUE)

Begin your first dosing regimen at: 8pm

Take 4 OsmoPrep tablets with at least 8 ounces of any clear liquid from above list every 15 minutes (wait at least 15 minutes between each dose). The total pills to take for the first dosing regimen are **20 tablets.**

First regimen:	Dose 1 @ 8:00pm with 8 ounces liquid	4 tablets	<input type="checkbox"/>
	Dose 2 @ 8:15pm with 8 ounces liquid	4 tablets	<input type="checkbox"/>
	Dose 3 @ 8:30pm with 8 ounces liquid	4 tablets	<input type="checkbox"/>
	Dose 4 @ 8:45pm with 8 ounces liquid	4 tablets	<input type="checkbox"/>
	Dose 5 @ 9:00pm with 8 ounces liquid	4 tablets	<input type="checkbox"/>

Drink one or more glasses of liquid after completing all doses. * Stay close to toilet facilities as the laxative will encourage multiple bowel movements.

Begin your second dosing regimen at: 6am the day of your procedure

Take 4 OsmoPrep tablets with at least 8 ounces of clear liquid from above list above every 15 minutes. The total pills to take for the second dosing regimen are **12 tablets.**

Second regimen:	Dose 1 @ 6:00am with 8 ounces liquid	4 tablets	<input type="checkbox"/>
	Dose 2 @ 6:15am with 8 ounces liquid	4 tablets	<input type="checkbox"/>
	Dose 3 @ 6:30am with 8 ounces liquid	4 tablets	<input type="checkbox"/>

Drink one or more glasses of liquid listed after completing all doses. Stay hydrated!

Stop drinking liquids 4 hours prior to your procedure time.

To ensure a good preparation, you may use a laxative daily such as, Senekot, Milk of Magnesium, Magnesium Citrate, or Dulcolax tablets for 2 days prior to your procedure.