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COLONOSCOPY PREPARATION USING OSMOPREP TABLETS

Fill the prescription for *Osmoprep*®. You will need 32 tablets to complete the preparation for your colonoscopy.

Do not use *Osmoprep*® if you have kidney failure, are on dialysis, or if you have heart failure. If this applies, call your doctor to discuss alternatives.

Follow the steps below to make sure that your colon is completely clean.

The day before your colonoscopy, solid foods, milk or milk products are not allowed. Drink only “clear liquids” for breakfast, lunch and dinner. Please avoid any red or purple colored liquids.

“CLEAR LIQUIDS” include:

- strained fruit juices without pulp (apple, white grape, lemonade)
- water, tea, coffee (without milk or non-dairy creamer)
- clear broth or chicken, beef or vegetable bouillon
- Kool-Aid®, Gatorade®, soda (e.g. Pepsi®, Coke®, 7-UP®) carbonated and non-carbonated soft drinks
- Plain Jell-O® (without added fruits or toppings), Ice Popsicles®
- Boost Breeze® or Enlive!® (nutritional juice drinks with 160 and 300 calories per serving respectively)
- **Alcohol is *not* recommended since it may cause dehydration.**

When to take your *Osmoprep*® prescription:

• **IF YOUR ARRIVAL TIME IS BEFORE 10:00AM:**

- At 4:00pm, the evening prior to your appointment, take 4 *Osmoprep*® tablets with 8oz of clear liquid and repeat with at 4:15pm, 4:30pm, 4:45pm, and 5:00pm (20 tablets)
- Then, at 8:00pm, the evening prior to your appointment, take 4 tablets with 8oz of clear liquid at: 8:00pm and repeat at 8:15pm, and 8:30pm (12 tablets)

• **IF YOUR ARRIVAL TIME IS AFTER 10:00AM:**

- At 6:00pm, the evening prior to your appointment, take 4 *Osmoprep*® tablets with 8oz of clear liquid and repeat with at 6:15pm, 6:30pm, 6:45pm, and 7:00pm (20 tablets)
- On the day of your colonoscopy, **four hours prior to your scheduled appointment:** take 4 *Osmoprep*® tablets with 8oz of clear liquid. Take 4 more *Osmoprep*® tablets with 8oz of clear liquid after 15 minutes and 4 more after another 15 minutes. (12 tablets)

Osmoprep® is a powerful colon cleanser. Stay near to a bathroom after taking.

Continue to drink clear liquids until 3 hours before your appointment arrival time.

Do not take anything by mouth for three hours before your appointment arrival time at the hospital or Endoscopy Center.