



## OsmoPrep

The day before your procedure, drink clear liquids only for breakfast lunch and dinner. No solid food. **Please take all your normal medications.**

Try to drink 8oz of liquids every hour to prevent dehydration.

### **STEP 1: FOR BOTH ARRIVAL TIMES**

- At **5:00pm** begin your first dosing regimen. Take four (4) OsmoPrep tablets with at least 8oz of a clear liquid every 15 minutes to a total of 20 tablets.
- You may continue to drink clear liquids.

### **STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS 10:30 AM OR EARLIER:**

- At **11:00pm** begin your second dosing regimen. Take four (4) OsmoPrep tablets with at least 8oz of a clear liquid every 15 minutes to a total of 12 tablets.
- After midnight nothing to eat or drink (not even gum or mints), **except for your morning medications.**

### **STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS AFTER 10:30 AM:**

- At **5:00am** the morning of your procedure, begin your second dosing regimen. Take four (4) OsmoPrep tablets with at least 8oz of a clear liquid every 15 minutes to a total of 12 tablets.
- After you are done with your prep nothing to eat or drink (not even gum or mints), **except for your morning medications.**

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**\*\*\* IF YOU ARE DIABETIC TAKE NO ORAL DRUGS THE DAY BEFORE AND THE MORNING OF YOUR PROCEDURE. IF YOU TAKE INSULIN TAKE ½ DOSE OF INSULIN THE DAY BEFORE THE TEST AND NONE THE DAY OF TEST.\*\*\***

### **IF YOU ARE ON BLOOD THINNERS PLEASE ASK YOUR PHYSICIAN ABOUT STOPPING THEM**

**Also: The morning of your procedure: THIS IS IMPORTANT!**

- Take all heart and blood pressure medicine with a small sip of water
- Take asthma medication
- Take all morning medications with a small sip of water