

INSTRUCTIONS FOR COLONOSCOPY WITH OSMOPREP

Day before examination:

1. Drink only "**clear liquids**" for breakfast, lunch and dinner. (Solid foods, milk, or milk products are **NOT** allowed.)

Clear liquids include:

- * Strained fruit juices without pulp (apple, white, grape juice or lemonade)
- * Water
- * Clear broth or bullion
- * Coffee or tea (without milk or non-dairy creamer)
- * Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, or other fruit flavored drinks **NO RED OR PURPLE**
- * Plain Jell-O (without added fruits or toppings) **NO RED OR PURPLE**
- * Ice popsicles **NO RED OR PURPLE**

2. It is important that you keep hydrated throughout the day.

3. **DO NOT EAT ANY SOLID FOOD UNTIL THE EXAMINATION IS COMPLETED.**

Evening before examination:

First Regimen: _____

1. Take 4 tablets with 8 oz. of any clear liquids mentioned above every 15 minutes for 1 hour.
2. You will take a total of 20 tablets over a 1 hour period.

Second Regimen: _____

1. Take 4 tablets with 8 oz. of any clear liquid mentioned above every 15 minutes for 30 minutes.
2. You will take a total of 12 tablets over a 30 minute period.

YOU MAY HAVE CLEAR LIQUIDS UP UNTIL MIDNIGHT. ABSOLUTELY NOTHING TO EAT OR DRINK AFTER MIDNIGHT UNLESS OTHERWISE DIRECTED.

YOU MUST AVOID ASPIRIN & IRON FOR ONE WEEK PRIOR TO THE EXAM!!!