PREPARATION FOR COLONOSCOPY

“The Pill Prep” (32 OSMOPREP TABLETS)

DAY BEFORE COLONOSCOPY

(1) For the entire day before the colonoscopy, drink only “clear liquids” for breakfast and lunch. Have an early clear liquid dinner.” Solid foods, milk or milk products are not allowed.

Examples of the liquids allowed:

- strained fruit juices without pulp (apple, white grape, lemonade, pear, white cranberry)
- water
- clear broth or bouillon
- black coffee or tea (without milk or non-dairy creamer)
- Gatorade, Power-Aid or Propel (diabetics may drink G2 or Pedialyte)
- carbonated and non-carbonated soft drinks
- Kool-Aid (or other fruit flavored drinks)
- plain Jello (no color restriction but without added fruits or toppings)
- ice popsicles
- Ensure / Glucerna (even though these are not clear, they don’t interfere with end result)

(2) At 5:00 P.M. BEGIN bowel prep:

Swallow four (4) OsmoPrep tablets with at least 8 oz. of Gatorade or Power Aid every fifteen (15) minutes until you have taken a total of twenty (20) tablets. Do not exceed 20 tablets. Diabetics may substitute G2 for Gatorade/Power Aid.

4 tablets 5:00 PM  4 tablets 5:15PM  4 tablets 5:30 AM  4 tablets 5:45 PM  4 tablets 6:00 PM

MORNING OF COLONOSCOPY

(1) At 4:00 A.M. swallow four (4) Osmoprep tablets with 8 oz. of Gatorade (or Power Aid or G2) every fifteen (15) minutes until you have taken a total of twelve (12) tablets. Do not exceed 12 tablets. (If your colonoscopy is scheduled for 9:00 A.M. or later, you may wait until 5:30 A.M. to start the morning doses of Osmoprep, so long as you finish them by 6:00 A.M.) Remember that you may have only clear liquids from the time you complete the evening doses of Osmoprep until resuming Osmoprep on the morning of your colonoscopy.

4 tablets 4:00 AM  4 tablets 4:15 AM  4 tablets 4:30 AM

IT IS VERY IMPORTANT THAT YOU DRINK A FULL 8 OZ. OF GATORADE WITH EACH DOSE

Arrive for the colonoscopy 45 minutes prior to the scheduled procedure time.