

PREPARATION FOR COLONOSCOPY

“The Pill Prep” (32 OSMOPREP TABLETS)

DAY BEFORE COLONOSCOPY

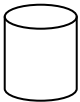
(1) For the **entire day before** the colonoscopy, drink **only “clear liquids”** for breakfast and lunch. Have an *early* clear liquid dinner.” Solid foods, milk or milk products are not allowed.

Examples of the liquids allowed:

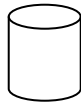
- strained fruit juices without pulp (apple, white grape, lemonade, pear, white cranberry)
- water
- clear broth or bouillon
- *black* coffee or tea (without milk or non-dairy creamer)
- Gatorade, Power-Aid or Propel (diabetics may drink G2 or Pedialyte)
- carbonated and non-carbonated soft drinks
- 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:

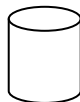
Swallow four (4) OsmoPrep tablets with at least 8 oz. of Gatorade or Power Aid every fifteen (15) minutes until you have taken a total of twenty (20) tablets. Do not exceed 20 tablets. Diabetics may substitute G2 for Gatorade/Power Aid.



4 tablets 5:00 PM



4 tablets 5:15PM



4 tablets 5:30 PM



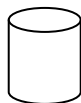
4 tablets 5:45 PM



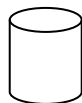
4 tablets 6:00 PM

MORNING OF COLONOSCOPY

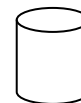
(1) **At 4:00 A.M. swallow four (4) Osmoprep tablets with 8 oz. of Gatorade (or Power Aid or G2) every fifteen (15) minutes until you have taken a total of twelve (12) tablets.** Do not exceed 12 tablets. (If your colonoscopy is scheduled for 9:00 A.M. or later, you may wait until 5:30 A.M. to start 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.