

3 DAY COLON PREP WITH OSMOPREP

The best possible exam requires that the colon be completely empty of stool. Residual stool in the colon may make the visual exam or removal of polyps impossible. Therefore, it is imperative that you follow the diet and laxative instructions that are detailed below.

2 DAYS BEFORE THE PROCEDURE:

1. You are to follow a **FULL LIQUID DIET** today. This includes water, coffee, tea, soda pop, soups, pudding, jello and ice cream. **NO SOLID FOODS.**
2. At **10:00am** take **2 Dulcolax tablets** with a liter of water (1 quart).
3. **Continue to drink plenty of liquids the rest of the morning.**
4. At **2:00pm** drink 1 bottle of **Magnesium Citrate.**
5. **Continue to drink plenty of liquids the rest of the day.**

ON THE DAY BEFORE THE PROCEDURE:

1. You are to go to a **CLEAR LIQUID DIET.** This includes water, coffee, Tea (No milk or cream added) Non-red soda pop, Apple, Cranberry and Grape juice, Broth, Non-red Popsicles and Non-red Jello. **No liquids containing red dye.**
2. Starting between 2-5 PM the afternoon before your procedure, take (4) Osmoprep tablets every 15 minutes with at least 8 ounces of any clear liquid until all 20 tablets have been consumed. Remain close to toilet facilities. Continue to drink 6-8 ounces of additional clear fluids every 30 minutes until bed time.

ON THE DAY OF THE PROCEDURE:

1. At least **3-5 hours** prior to your arrival time, take (4) Osmoprep Tablets every 15 minutes with at least 8 ounces of any clear liquid until the remaining 12 tablets have been consumed. Remain close to toilet facilities.
2. You may continue to drink clear liquids up until 2 hours before the scheduled start of your procedure. Arrive at the designated location at the scheduled time. Unless you are instructed differently, you may take routine medications in the morning at least 2 hours before the procedure with small amounts of water. **YOU MUST HAVE SOMEONE DRIVE YOU HOME. YOU MAY NOT GO HOME BY BUS OR TAXICAB!** Please call the office with any other questions.