

# COLONOSCOPY- Prep Instructions for OsmoPrep

**Strict compliance with these instructions is necessary to avoid misdiagnosing and to ensure a safe and complete exam.**

**Clear liquid diet starts the day before your procedure, instructions on back.**

**About OsmoPrep:** OsmoPrep is taken to clean your colon prior to your colonoscopy. This solution requires a prescription. Your prescription can be sent to your pharmacy electronically or sent with you when your procedure is scheduled. If you have not received your prep one week prior to your procedure, please call our office at (309) 451-1123 to request the prep be resent to your pharmacy.

## **6:00 PM The Day Before Your Procedure:**

1. At 6:00 pm, take 4 tablets followed with 8 oz. glass of water.
2. At 6:15 pm, take 4 tablets followed with 8 oz. glass of water.
3. At 6:30 pm, take 4 tablets followed with 8 oz. glass of water.
4. At 6:45 pm, take 4 tablets followed with 8 oz. glass of water.
5. At 7:00 pm, take 4 tablets followed with 8 oz. glass of water.
6. You will have taken a total of 20 tablets with a minimum of 40 oz. of water.
  - ❖ **Continue to drink 16 oz. of clear liquid every hour until bedtime.**

## **The Day of Your Scheduled Procedure:**

### **Procedures scheduled**

**Before 11:00 AM – Start Prep at 3:00 AM**

**After 11:00 AM – Start Prep at 6:00 AM**

1. Take 4 tablets, follow with 8 oz. glass of water.
2. Wait 15 minutes.
3. Take 4 tablets, follow with 8 oz. glass of water.
4. Wait 15 minutes.
5. Take 4 tablets, follow with 8 oz. glass of water.
6. This now completes your prep.
7. **Stop ALL LIQUIDS 2 hours before your procedure.**

**Please continue to drink plenty of clear liquids but stop ALL LIQUIDS 2 hours before your arrival time.**

**Please be aware:** Your stools should be light yellow to clear with no solid particles prior to coming to Gastrointestinal Institute.

If you have any questions or concerns regarding this prep, please call the triage nurse at (309) 451-1123 for further guidance.