

COLONOSCOPY PREP - OSMO PREP

YOUR PRESCRIPTION FOR OSMO PREP HAS BEEN FAXED TO YOUR PHARMACY. YOU WILL NEED TO PICK UP YOUR BOWEL PREP AT YOUR PHARMACY BY: _____

(AFTER 5 TO 10 DAYS THE PRESCRIPTION EXPIRES)

- If you have a tendency to be constipated or take medications that cause constipation, also purchase Milk of Magnesia to take 2 days before your scheduled colonoscopy
- Zinc oxide or Desitin® ointment may be used to protect your skin during the bowel preparation. Apply it before starting the bowel prep to prevent irritation to the rectal area.

ON: _____ (2 DAYS BEFORE YOUR PROCEDURE):

- **Stay on a low fiber diet.** Do not eat any beans, corn, peas, tomatoes, cucumbers, nuts or any food containing seeds such as poppy, sesame, or sunflower.
- Do not eat any foods containing flax or fish oil.
- **See the low fiber diet list**
- **If you tend to be constipated – take one ounce of Milk of Magnesia on this day.**

ON: _____ (1 DAY BEFORE YOUR PROCEDURE):

- **DRINK ONLY CLEAR LIQUIDS – NO DAIRY AND NO SOLID FOOD UNTIL AFTER YOUR COLONOSCOPY.** You must be able to see through the liquid when held in a clear glass up to a light.
- **NO ARTIFICIALLY COLORED RED LIQUIDS OR RED JELLO.**
- **See the clear liquid diet list**
- **AT 4:00 PM:**
 - **TAKE 4 OSMO tablets by mouth with 8 ounces of your choice of CLEAR LIQUID. Repeat this every 15 minutes until you have taken 20 tablets – you must drink a full 8 ounce glass of water with every 4 OSMO tablets and take all 20 within approximately one hour.**
- **AT 6:00 PM :**
 - **TAKE 4 OSMO tablets by mouth with 8 ounces of your choice of CLEAR LIQUID. Repeat this every 15 minutes until you have taken 12 tablets – you must drink a full 8 ounce glass of water with every 4 OSMO tablets and take all 12 within approximately 30 minutes.**
- **Be sure to take all of the OSMO tablets and drink all of the solution.**
- **IT IS IMPORTANT TO HYDRATE AND DRINK AMPLE AMOUNTS OF CLEAR LIQUIDS BEFORE, DURING AND AFTER THE BOWEL PREP PROCESS.**
- Not completing the bowel prep or eating solid food may result in rescheduling your procedure. Results should be watery and without solid particles, however there may be a few flecks in the morning from the laxative.
- **ON THE DAY OF YOUR PROCEDURE: CONTINUE TO PUSH CLEAR LIQUIDS ONLY up until 2 hours before your procedure – NO SOLID FOOD** If you are also having an examination of your esophagus and stomach, stop drinking liquids 4 hours before your procedures.