

COLONOSCOPY PREPARATION WITH OSMOPREP THE DAY BEFORE YOUR COLONOSCOPY

Colonoscopy requires introduction of a scope (long flexible tube with a light) into the large bowel. For a colonoscopy examination, it is essential that your large intestines be free of feces. Good bowel prep is very important for the test. Do not eat any salads, fruits or vegetables on the day before the colonoscopy. After your bowel prep, your bowels should be a clear yellowish fluid. It may take 2-4 hours for the prep to start working. You will move your bowels at least 8-10 times. If not, please call the doctor's office. It is very important that you follow the instructions carefully. If you have any questions about the instructions, please call our office. Start a clear liquid diet and continue clear liquids throughout the day. Solid foods, milk or milk products ARE NOT allowed.

Clear liquids include: Juices without pulp (apple, white grape, cranberry, lemonade), Water, Tea, Plain Jello (not red), Soda or non-carbonated soft drinks, Clear broth or bouillon, Ice Pops (no red).

☐ The following is the schedule for using *OsmoPrep*:

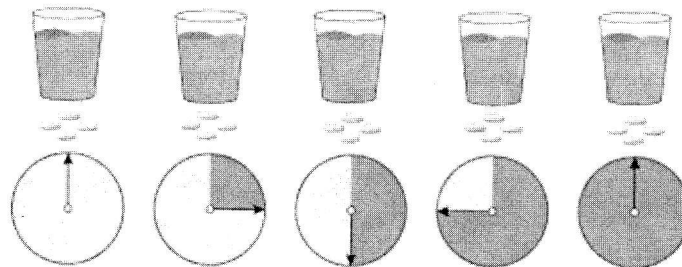
THE DAY BEFORE YOUR COLONOSCOPY

Beginning approximately 5:00pm: Step 1

Step 1 (refer to illustration)

Take 4 tablets with 8 oz of any clear liquid every 15 minutes

You will take a total of 20 tablets over a 1-hour period



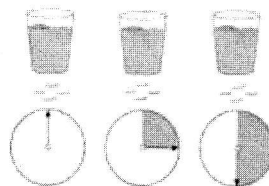
THE DAY OF YOUR COLONOSCOPY

Beginning approximately 3-5 hours before your colonoscopy: Step 2

Step 2 (refer to illustration)

Take 4 tablets with 8 oz of any clear liquid every 15 minutes

You will take a total of 12 tablets over a 30-minute period



☐ If your colonoscopy is scheduled for the morning, do not eat or drink anything (other than the preparation) after midnight. If your colonoscopy is scheduled after 1:00pm, you may have a small quantity of clear liquids in the morning until 9:00am