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## BOULDER MEDICAL CENTER, P.C.

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Robert H. Levine MD

### OSMOPREP BOWEL PREPARATION FOR COLONOSCOPY

**Note:** At least a few days before beginning the following steps, have your prescription for 32 OSMOPREP TABLETS filled at the pharmacy.

#### **THE DAY BEFORE THE PROCEDURE**

*Patients should drink plenty of clear liquids throughout the day to achieve the best prep results!*

- Drink clear liquids for Breakfast, Lunch, and Dinner. Clear liquids include juices without pulp (Apple, White grape, Lemonade), water, tea, black coffee, clear Gatorade, Sodas (Sprite, 7-up, Ginger Ale, etc.), broth/bouillon, Jell-O, **NOTHING RED OR PURPLE**
- Solid foods, milk, or milk products are **NOT ALLOWED**

**Starting at 5:00pm**, take 4 OsmoPrep tablets every 15 minutes, as directed below with at least 8 ounces of clear liquid until all 20 tablets have been consumed. Remain close to toilet facilities.

#### IT IS VERY IMPORTANT TO DRINK THE FULL GLASS OF LIQUID WITH EACH DOSE

- 8 oz + 4 tablets @ 5:00pm
- 8 oz + 4 tablets @ 5:15pm
- 8 oz + 4 tablets @ 5:30pm
- 8 oz + 4 tablets @ 5:45pm
- 8 oz + 4 tablets @ 6:00pm

#### **THE DAY OF THE PROCEDURE**

At \_\_\_\_\_ AM (at least 4 hours before the procedure), take 4 OsmoPrep tablets every 15 minutes with at least 8 ounces of water, until the remaining 12 tablets have been consumed.

#### IT IS VERY IMPORTANT TO DRINK THE FULL GLASS OF LIQUID WITH EACH DOSE

- 8 oz + 4 tablets @ \_\_\_\_\_am
- 8 oz + 4 tablets @ \_\_\_\_\_am
- 8 oz + 4 tablets @ \_\_\_\_\_am

You must have a driver present with you when you arrive for your procedure, and you must be driven home. No Public Transportation or Cabs can be used. The procedure may be canceled if you fail to bring a driver with you.

**NO EXCEPTIONS!!**