

## **OsmoPrep Colonoscopy Preparation Afternoon Procedure**

### **Purchase at the pharmacy:**

Fill the prescription for your bowel prep kit at any pharmacy contracted with your insurance company. Also purchase over-the-counter 5mg Bisacodyl laxative tablets.

### **One week prior to your procedure:**

Please inform the office if you have a prosthetic heart valve or require antibiotic coverage, and if you are/were unable to received pre-procedure antibiotics from your primary care physician. Do not take iron pills or medications that thin your blood (i.e., coumadin, aspirin, ibuprofen naproxen, etc.) one week prior to your exam.

### **Five days prior to your procedure:**

Please begin a restricted fiber diet which will result in less waste matter being discharged from the intestines, and smaller feces, thereby making the gastrointestinal tract easier to clean. Do not eat nuts, seeds, popcorn, corn, broccoli, cabbage, salads and onion. Discontinue high fiber foods, and fiber supplements like Metamucil and Konsyl.

### **The day before the procedure:**

Drink only clear liquids for breakfast, lunch, and dinner. Solid foods, milk or milk products are not allowed. As a general rule, if you can see your fingers through a glass of liquid, that liquid is OK to drink. Red-colored liquids are not OK to drink because they can look like blood during the examination of your colon.

Clear liquids include:

- Water,  Gatorade
- Ice Popsicle
- Clear broth or bouillon
- Kool-aid or other fruit flavored drinks
- Carbonated and noncarbonated soft drinks
- Plain Jell-O (without added fruits or toppings)
- Coffee or tea (without milk or non-dairy creamer)
- Stained fruit juices without pulp (apple, white grape, lemonade)

**Nine hours before bedtime:**

Take two 5mg Bisacodyl tablets. No prescription is necessary for these tablets.

**Three hours before the bedtime:**

Begin taking your "First Regimen" of OsmoPrep as instructed: One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets). Then drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep.

TIP: For most patients, rapidly drinking a glassful is better than sipping an ounce or two at a time. Clear liquids are gulped faster and easier if they are ice cold, have little or no calories, and if they are sipped through a straw. Consider yourself a connoisseur and try pre-chilling your glass before serving.

Initially, you may feel slightly bloated, but will become more comfortable as you continue to have bowel movements. It will take approximately 1 hour 15 minutes to finish the solution. Diarrhea will continue for about 1 hour after you finish drinking the regimen.

You may resume clear liquids up until one hour before starting your second regimen of OsmoPrep.

**Five hours before your procedure:**

Begin taking your "Second Regimen" of OsmoPrep as instructed: One dose every 15 minutes for a total of 3 doses (12 tablets). Then drink 16 oz of the clear liquid of your choice. IMPORTANT: No more liquids allowed, 4-hours before the start of your colonoscopy procedure.

**The day of the procedure:**

1. Do not eat anything after your second regimen of OsmoPrep and until after your examination.
2. You must be accompanied by a friend or relative to drive and/or assist you home.