

DIGESTIVE DISEASE CONSULTANTS

PATIENT INSTRUCTIONS FOR COLONOSCOPY

You are using the **Osmo Prep Tablets**

DAY BEFORE THE PROCEDURE:

1. Drink **ONLY** clear liquids the entire day (breakfast, lunch and dinner). It is important that you drink as much fluid as you can throughout the day.
2. **NO solid foods, milk or milk products or RED liquids.**
3. Daily medications can be continued unless otherwise specified.
4. At **4 PM** take 4 Osmo prep tablets every 15 minutes with at least 8 ounces of any clear liquid **until 20 tablets have been consumed.**
5. At **7 PM** repeat taking the Osmo prep tablets as above until the remaining tablets have been consumed (for a **TOTAL** of 32 tablets only).
6. Continue drinking clear liquids, at least another liter, during the course of the evening.

CLEAR LIQUIDS INCLUDE:

- Water, Coffee (Black) and Tea
- Clear fruit Juices (Apple, White Grape, Lemonade and White Cranberry) Avoid juices with pulp such as orange or grapefruit juice.
- Sodas such as Sprite, 7-Up, or Gingerale (Diet and Regular), Gatorade, Powerade, Popsicles, Jell-O (**No Red, No Purple**)
- Broth and Boullion

DAY OF PROCEDURE:

1. You may brush your teeth.
2. You need a driver and your driver must stay at the facility. Public transportation and taxis are **NOT** allowed.
3. Take **blood pressure meds, anti-anxiety meds, anti-psychotic meds, pain meds, heart meds, anti-seizure meds and convulsant meds** with a sip of water unless otherwise specified.
4. Please bring with you:
 - Photo ID and Insurance card(s)
 - Completed Medication List – Medications **MUST** be written out. NO pre-printed, copied or lists from previous visits will be accepted.
 - Patient's Bill of Rights Form
 - Reading glasses, if applicable

No clear liquids 2 hours prior to your procedure, except for a sip of water with blood pressure, heart and anti-seizure medications or the procedure may be canceled.

Please contact the office at 407-830-8661 with any questions.