

# OSMO Prep

<b>If Your Colonoscopy is Scheduled for the Morning, Follow These Instructions the <u>Day Before Your Exam</u>:</b>	
<b>Breakfast</b>	Have a CLEAR LIQUID BREAKFAST. You may have as many clear liquids as you want, such as water, tea, coffee, 7-Up, ginger ale, apple or white grape juice (no juice that is red or purple), clear soup broth, gelatin (but no red or purple), popsicles (but no red or purple), or Gatorade (but no red or purple).
<b>Noon</b>	Have a CLEAR LIQUID LUNCH.
<b>4:00 p.m.</b>	Take 4 Visicol pills with an 8-ounce glass of a CLEAR beverage, such as water. Repeat this every 15 minutes, FOUR more times, taking your last 4 pills with a large glass of a CLEAR carbonated beverage, such as ginger ale. (At this point, you should have taken 20 pills.)
	<b>Note:</b> The pills induce a diarrhea lasting 1 to 3 hours, which rapidly and effectively cleanses the entire colon. Because it causes large amounts of water to be drawn into the bowel, to prevent dehydration, you must drink at least eight ounces of CLEAR liquid with each dose of tablets.
	Tucks/baby wipes and Charmin Plus toilet tissue may help with irritation after the numerous bowel movements.
<b>Dinner</b>	Have a CLEAR LIQUID DINNER.
<b>8:00 p.m.</b>	Take 4 Visicol pills with an 8-ounce glass of a CLEAR beverage, such as water. Repeat this every 15 minutes, TWO more times, taking your last 4 pills with a large glass of a CLEAR carbonated beverage, such as ginger ale. (At this point, you should have taken 12 pills.)
	<b>Note:</b> The pills induce a diarrhea lasting 1 to 3 hours, which rapidly and effectively cleanses the entire colon. Because it causes large amounts of water to be drawn into the bowel, to prevent dehydration, you must drink at least eight ounces of CLEAR liquid with each dose of tablets.
<b>9:00 p.m.</b>	<del>Take a total of 20 mg (4 tabs/5mg each) of the generic bisacodyl.</del> <b>NO</b>
<b>That Evening</b>	Continue with CLEAR LIQUIDS up to 3 hours prior to the exam. You must stop eating and begin fasting 3 hours before the exam.
<b>The Day of Your Exam:</b>	
<b>3 Hours Before the Exam</b>	You may continue CLEAR LIQUIDS up to 3 hours prior to the procedure. Take nothing by mouth – NOT EVEN CLEAR LIQUIDS – three (3) hours before your exam. However, you may take medications, with sips of water, the day of your procedure.

**Things to Remember Before You Go to Our Clinic:  
See Page 4.**