

## OsmoPrep Bowel Preparation for Morning Procedure Importance of DRINKING LIQUIDS during the bowel preparation process

During bowel preparation you will lose significant amounts of fluid. THIS IS NORMAL. It is very important that you replace this fluid to prevent dehydration. Drink large amounts of clear liquids. Drinking large amounts of clear liquids also helps ensure that your bowel will be clean for the examination. A completely clean colon may help avoid the need for a repeat exam.

Read carefully Follow the steps listed below:

### Purchase Rx

From pharmacy; OsmoPrep 32 tablets  
(Over the counter)  
64oz Gatorade, Propel, water or other  
clear liquid, Diabetic patients- use crystal light



### DAY BEFORE EXAM

9:00 a.m.

**Do not eat until after your procedure**

Clear liquids only (see list) Keep Hydrated all day. Evening before procedure, Split Dose (1-Day) Regimen



4:00 p.m. First dose: (20 tablets)

(You may vary times by 2 hours - between 4:00 to 6:00 pm)

4:00 p.m. - take 4 tablets with 8 oz of any clear liquid  
4:15 p.m. - take 4 tablets with 8 oz of any clear liquid  
4:30 p.m. - take 4 tablets with 8 oz of any clear liquid  
4:45 p.m. - take 4 tablets with 8 oz of any clear liquid  
5:00 p.m. - take 4 tablets with 8 oz of any clear liquid

*Your body loses significant amounts of fluid during bowel preparation.*

*In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids.*

*Make a conscious effort to drink as much as you can before, during, and after the preparation.*

6 hours after 1<sup>st</sup> dose (12 tablets)

10:00 p.m. to 12:00 a.m. Second dose:

10:00 pm - take 4 tablets with 8 oz of any clear liquid  
10:15 pm - take 4 tablets with 8 oz of any clear liquid  
10:30 pm - take 4 tablets with 8 oz of any clear liquid

### ALL DAY LONG

#### CLEAR LIQUIDS DIET LIST

(DO NOT DRINK ANYTHING COLORED RED OR PURPLE)

Water, tea or coffee (\*no milk or non-dairy creamer) sweeteners are o.k.

Soft drinks (7-up, cola, ginger ale, orange, Sprite, etc.) Gatorade, Propel, Kool-Aid, lemonade.

Strained fruit juices (\*without pulp) (apple, white cranberry, orange, white grape, etc.)

Low sodium chicken or beef bouillon/broth

Hard candies, Jell-O, Popsicles (\*no sherbets or fruit bars)

**NOTHING TO EAT OR DRINK AFTER 1:30 a. m., nothing the morning of the procedure!!!**