

- Four days prior to your procedure: Avoid eating seeds, nuts, corn, and any other form of roughage (lettuce, vegetables, bran cereals, etc.) or fiber. **DO NOT TAKE METAMUCIL or CITRUCEL.**
- Clear Liquids: It is important that large volumes of clear liquids be consumed the day before your procedure up to midnight to avoid dehydration. **Do not eat or drink after midnight before the procedure,** except for the liquid required for your bowel preparation. You may use a topical ointment such as Preparation H or Anusol to avoid irritation.
- **BREAKFAST DAY BEFORE PROCEDURE**  
May include any of the following items:
  - One boiled or poached egg or small portion of skinless chicken, turkey, or fish.
  - White toast, **NO BUTTER**
  - One 8oz. can of Ensure, **Do not take Ensure Plus.**
  - Any clear liquid examples are:
    - Soft drinks*- Ginger Ale, Sprite, 7 Up, Gatorade, and Kool-Aid **NO RED OR PURPLE DYES.**
    - Strained fruit juice without pulp* – apple juice, white grape juice, lemonade
    - Water, Tea, or Coffee* -**NO MILK OR NON-DAIRY CREAMER,** sweeteners are permissible.
    - Soups*- low sodium chicken or beef bouillon/broth
    - Desserts*- hard candies Jell-O (lemon or lime) **NO FRUIT TOPPINGS,** Popsicles **NO SHERBETS OR FRUIT BARS.**
- **LUNCH DAY BEFORE PROCEDURE**  
You may drink all of the clear liquids you would like. No solid food until after your Colonoscopy is performed.
- **DINNER DAY BEFORE PROCEDURE**  
You may drink all of the clear liquids you would like. No solid food until after your Colonoscopy is performed.

**OSMO PREP:**  
**BOWEL PREPARATION INSTRUCTIONS**

**7:00 PM DAY BEFORE EXAM – FIRST DOSING REGIMEN**

1. Start your 1<sup>st</sup> dose of the OSMO PREP TABLETS. If the tablets are too large you may split them in two.
2. Every 15 minutes take 4 OSMO PREP TABLETS with a full 8 oz. glass of clear liquid until 20 tablets are consumed.

**DAY OF EXAM – SECOND DOSING REGIMEN**

1. Start 2<sup>nd</sup> dose of the OSMO PREP TABLETS 5 HOURS before your scheduled Procedure time.
2. Every 15 minutes take 4 OSMO PREP TABLETS with a full 8 oz. glass of clear liquid until 12 tablets are consumed. (The last four tablets should be consumed with an 8 oz. glass of Ginger-Ale, Sprite or 7-Up.)

**NO SOLID FOOD OR DRINK OR GUM/CANDY UNTIL AFTER  
YOUR COLONOSCOPY!**