

## Preparation instructions for Colonoscopy — OsmoPrep (Follow only these instructions given by the GI Department)

5 days before your colonoscopy	2 days before your colonoscopy	The day before your colonoscopy	The day before your colonoscopy <i>(continued)</i>
<p>Read all prep instructions.</p> <p>Contact your prescribing physician for instructions on dosage of blood thinners.</p> <p>Stop herbal, oil-based vitamins and iron supplements.</p> <p>Stop all fiber supplements such as Metamucil, Citrucel, Fibercon, BeneFiber and Konsyl.</p> <p>Discontinue all medicines that stop diarrhea such as Imodium, Kaopectate and Pepto Bismol.</p> <p>Avoid salads or high fiber foods including nuts, seeds and popcorn.</p> <p>Avoid hard fruits and hard vegetables.</p> <p>Arrange for a driver to take you home after the procedure.</p>	<p>List all current medications and bring list with you the day of your procedure.</p> <p>Obtain Bowel Prep from your pharmacy. You should obtain a total of 32 pills.</p> <p>Obtain clear liquids to consume on Prep Day (NO RED OR PURPLE).</p>	<p><b>TAKE ONLY CLEAR LIQUIDS ALL DAY / NO SOLID FOOD / NO ALCOHOL</b></p> <p>Drink at least 8oz. of clear liquid every hour while awake.</p> <p>You need at least 8 hours between the first and second dose of this prep!</p> <p>If your arrival time is <b>BEFORE 12 Noon</b> the day of your colonoscopy, start at <b>12 NOON</b> the day before and take (4) Osmoprep tablets with 8oz. of clear liquid. Repeat every 15-30 minutes for a total of <b>20 tablets</b>. You may split tablets if difficult to swallow.</p> <p>Then at <b>8 p.m.</b> the evening before your colonoscopy, take (4) Osmoprep tablets with 8oz of clear liquid. Repeat every 15-30 minutes for a total of <b>12 tablets</b>.</p> <p><b>YOU MUST DRINK PLENTY OF FLUIDS WITH THIS PREP TO PROTECT YOUR KIDNEYS.</b></p> <hr/> <p>If your arrival time is <b>AFTER 12 NOON</b> the day of your colonoscopy, start at <b>6 p.m.</b> the evening before and take (4) Osmoprep tablets with 8oz. of clear liquids. Repeat every 15-30 minutes, for a total of <b>20 tablets</b>. You may split tablets if difficult to swallow.</p>	<p>Then at <b>5 a.m.</b> the day of your colonoscopy, take (4) Osmoprep tablets with 8oz. of water. Repeat every 15-30 minutes for a total of <b>12 tablets</b> and <b>finish drinking 4 hours prior to your arrival time.</b></p> <p><b>The day of your colonoscopy</b></p> <p><b>NO SOLID FOOD NO ALCOHOL</b></p> <p><b>YOU MUST</b> take your morning heart, blood pressure, asthma and/or seizure medications with a small sip of water.</p> <p><b>PLEASE STOP ALL LIQUIDS 4 HOURS BEFORE YOUR APPOINTMENT.</b></p> <p><b>NO GUM OR BREATH MINTS!</b></p> <p>After your procedure, you may eat your usual diet unless otherwise instructed by your doctor.</p>

**NOTE: You must take ALL of the PREP solution, as directed to clean your bowel adequately.**  
**Even if you are passing clear liquid you must continue to take the entire dose of the prep.**  
**If you think the prep is not working, after 4:30 p.m. call Cooper University Hospital (856.342.2000) and ask for the Gastroenterology Fellow on call. During regular business hours Monday-Friday, 8 a.m.-4:30 p.m., call Cooper University Hospital @ 856.342.2047 or Cooper Digestive Health Institute @ 856.380.7750. For Salem patients, call 856.339.6040.**