

# Digestive Disease Associates

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Osmo Prep:

**The day prior to your colonoscopy**, you will need to maintain a clear liquid diet. This includes items such as water, tea, apple or white grape juice, clear sodas, clear broth, jello (not red or purple). Avoid milk products. Avoid any solid food.

Your body can lose significant amounts of fluid during the bowel prep. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much clear liquids before and during your preparation.

**Starting at 4 PM the day before your procedure**, take one dose (four tablets with 8 ounces of a clear liquid) every 15 minutes for a total of 5 doses. Therefore, you would take a dose at 4 PM, 4:15 PM, 4:30 PM, 4:45 PM, and 5 PM. That would be a total of 20 tablets. It is important you try to finish this part of the prep in two hours. Bowel movements should begin about a half hour to an hour after your first glass. Feelings of bloating and nausea are common after the first few glasses. They should subside when you start having bowel movements. If needed due to nausea, you may take a 30 minute break, then start again till the first half of the solution is taken.

The rest of the solution will be consumed six (6) hours prior to your scheduled procedure time.

**Six (6) hours prior to your procedure**, take one dose (four tablets with 8 ounces of clear liquid) every 15 minutes for at total of 3 dose. That would be a total of 12 tablets. It is important that you finish this part of the prep in two hours. Do not eat or drink anything else four hours prior to your procedure.

**TIPS:** Chill it. Try chilling the glass too. Drink the whole glass quickly, do not sip. Rinse your mouth with cool water between glasses. Drink the solution with a straw. Place some light reading material in the bathroom. Make sure you use soft toilet tissue or pre-moistened bathroom wipes to prevent soreness.

**Please follow these instructions for the best results for your procedure. Failure to follow these instructions could result in cancelation of your procedure and rescheduling.**