

## Gastroenterology Consultants of Long Island

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### **Colonoscopy- Osmoprep**

On the preparation day (the day before the colonoscopy)

- 1) Stay on a clear liquid diet the ENTIRE DAY (breakfast, lunch, dinner).
  - a. DO NOT EAT ANY SOLID FOODS OR USE MILK OR MILK PRODUCTS
- 2) At 5PM take the 4 OsmoPrep tablets with 8 oz. of clear juice or water every fifteen minutes for 1 hour (total 20 tablets.)
- 3) At 9PM take 4 OsmoPrep tablets with 8 oz. of clear juice or water every 15 minutes for ½ hr. (total of 12 tablets.)
- 4) Clear liquids can be continued until midnight- Nothing to drink after Midnight or on the morning of the procedure.
- 5) If you take heart medication or blood pressure pills you can take it with small sips of water on the day of the test.
- 6) Someone must drive you home from the procedures secondary to anesthesia.