

## OSMO PREP

### THE DAY BEFORE THE PROCEDURE

You will be on a clear liquid diet all day the day prior to the procedure.

#### YOU MAY NOT HAVE:

- Anything red or orange in color
- No alcohol
- No dairy

#### YOU MAY HAVE:

- juices without pulp (apple, white grape, lemonade, cranberry)
  - coffee and tea (no milk or cream)
  - broth
  - bouillon
  - soda
  - Gatorade
  - Jell-O
  - water ice
  - popsicles
  - iced tea
- Beginning at 12 noon the day before your procedure, you will take 4 pills every 15 minutes with an 8 oz. glass of clear liquid, from 12-1 pm. (Ex: 4 pills at noon, 4 pills at 12:15, 4 pills at 12:30 etc.) You will have taken a total of 20 pills.
  - Continue to drink clear liquids
  - Beginning at 6:00 pm, the day before the procedure, you will take 4 pills every 15 minutes from 6-6:30 pm. (Ex. 4 pills at 6:00 pm, 4 pills at 6:15 pm and 4 pills at 6:30 pm) You should now have taken all the pills
  - It is important to drink as much clear liquid as you can while doing the prep to ensure proper hydration as well as to effectively cleanse your body. Drink as much clear liquid as you can before, during and after the prep
  - After midnight, you may not have anything until after your procedure the next morning
  - You must have someone with you to drive you home from the procedure. You will be given sedation. If you arrive to your procedure without a ride home, your procedure will be cancelled
  - Any questions regarding the prep or the procedure, please contact our office
  - Your morning medications may be taken with a small sip of water the day of your procedure unless instructed otherwise. If you have any questions about the medications you take, please call our office