

# Osmoprep- Evening only

## Colon Prep Instructions

### 28 Osmoprep tablets, 4 dulcolax

1. Have only clear liquids 24 hours prior(the day before) to your procedure- Nothing Red! No solid foods, no dairy products.
2. The evening before your procedure take 28 Osmoprep tablets, 4 dulcolax tablets as directed below (beginning about 4-5PM)- **4 tablets every 15 minutes**. Be sure to **drink at least one full glass of clear liquid with each four tablets**(clear Gatorade is an excellent choice). Continue to drink as much clear liquid as possible. Remain close to bathroom facilities. Bowel movements usually occur 30-90 minutes after your first dose of Osmoprep and 1-2 hours after your last dose.

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**First Dose**

Start date \_\_\_\_\_ at 4-5 PM

Dose 1 at \_\_\_\_\_ 4 tablets

Dose 2 at \_\_\_\_\_ 4 tablets

Dose 3 at \_\_\_\_\_ 4 tablets

Dose 4 at \_\_\_\_\_ 4 tablets

Dose 5 at \_\_\_\_\_ 4 tablets

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**Total of 20 tablets**

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**Second Dose**

Start at 7PM- **8 Osmoprep, 4 dulcolax**

Dose 1 at \_\_\_\_\_ 4 tablets

Dose 2 at \_\_\_\_\_ 4 tablets

**Dulcolax** at \_\_\_\_\_ 4 tablets

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**Total of 12 tablets**

**8 Osmoprep, 4 dulcolax**

3. Do not eat or drink anything after midnight. **DO NOT DRINK ANY LIQUIDS 3 HOURS BEFORE PROCEDURE.**
4. Do not take any aspirin or aspirin-containing products for one week prior to procedure. Do not take Ibuprofen, Aleve, Advil, Tylenol or acetaminophen for fever or pain control.
5. You must have someone accompany you home after the procedure.

If you have any questions, please do not hesitate to call our office at:

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