

# Osmoprep- Split Dose

## Colon Prep Instructions

**32 Osmoprep tablets- 20 pills day before, 12 pills day of procedure**

**On the day before** your colonoscopy take clear liquids only. No red liquids, no red jello! **No solid foods.** At around **4 to 5PM** start the Osmoprep prep, **4 tablets every 15 minutes** until you have taken **20 pills**(total of 1 hour). Be sure to drink at least one full glass(minimum 8 oz) of clear liquid with each 4 tablets(clear Gatorade is an excellent choice). During the prep, continue to drink as much clear liquid as possible. Remain close to bathroom facilities. Bowel movements usually occur in 1 to 3 hours after your first 4 tablet dose and will continue 1-2 hours after your last dose.

**The day of your colonoscopy 3-5 hours before the procedure,** finish the last **12 Osmoprep tablets.** Take 4 tablets with at least 1 glass of clear liquid every 15 minutes(total of 30minutes). Do not eat any solid foods. Once you have completed your last dose(32 tablets) of Osmoprep do not consume any additional liquid until after your procedure.

Please be prepared to have someone pick you up at the end of your procedure. Due to the effects of the sedation medication, you will be unable to drive.

### **Tablet Check off chart**

- Record time and tablets that you have taken by checking the box after the dose is taken.

#### First Dose

Start date \_\_\_\_\_ at **4 or 5PM**  
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

\_\_\_\_\_  
Total of 20 tablets

#### Second Dose(3-5 hours prior to procedure)

Start date \_\_\_\_\_ at \_\_\_\_\_ am  
Dose 1 at \_\_\_\_\_ 4 tablets   
Dose 2 at \_\_\_\_\_ 4 tablets   
Dose 3 at \_\_\_\_\_ 4 tablets

\_\_\_\_\_  
Total of 12 tablets

**DO NOT DRINK ANY ADDITIONAL LIQUIDS AT LEAST 3 HOURS BEFORE PROCEDURE.**

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