



Osmo Prep Instructions

<p>#1: First Dosing Regimen</p> <ul style="list-style-type: none">- Begin your first dosing regimen the day prior to the exam. You may have a light breakfast and only clear liquids at lunch.- Take 4 Osmoprep Tablets with at least 8 ounces of any clear liquid (Water, any clear carbonated beverage, any clear juice or Gatorade) every 15 minutes. <p>Do not exceed 20 tablets.</p> <p>*Reminder: Remain Close to Toilet Facilities.</p>	<p>#2 Second Dosing Regimen</p> <p>See Below for start time of second dose.</p> <ul style="list-style-type: none">- You may continue to have clear liquids that are not red or purple until Midnight.- Take 4 Osmoprep tablets with at least 8 ounces of any clear liquid (Water, any clear carbonated beverage, any clear juice or Gatorade) every 15 minutes. <p>Do not exceed 12 tablets</p> <p>*Reminder: Remain close to toilet facilities.</p>
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A Clear Liquid Diet Includes: Water, tea, coffee, soda pop, clear juice, Jell-O (lemon and/or lime without added fruit), bouillon, or popsicles. No solid foods or milk products allowed. Please avoid red- or purple-colored liquids.

Take 4 Tablets Every 15 Minutes

4 Tablets at 6 pm + 4 Tablets at 6:15 PM + 4 Tablets at 6:30 PM + 4 Tablets at 6:45 PM + 4 Tablets at 7:00PM = **1st Dose: 20 Tablets over 1 hour.**

4 Tablets at 9PM + 4 Tablets at 9:15 PM + 4 Tablets at 9:30 PM = **2nd Dose: 12 tablets over 30 min**

Important: For best results, please drink at least 8 ounces of liquid with each dose. (Follow list of approved liquids given to you by your doctor). **Drink as much additional fluids as you can tolerate.**

Note: Be sure to complete your prescribed dosing regimen as directed by your physician. Wait at least 15 minutes between each dose. Do not take Osmoprep tablets within seven days of a previous administration. It is recommended that you NOT take additional laxatives or any product.

YOU MUST STOP DRINKING WATER/CLEAR LIQUIDS 4 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE.