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Gastroenterology

PREPARATION FOR COLONOSCOPY – OSMOPREP

DAY BEFORE EXAM: _____

- ❖ Start a clear liquid diet as soon as you wake up. NO SOLID FOOD
- ❖ Drink plenty of clear liquids throughout the day.
- ❖ Take usual daily medicine(s) unless otherwise instructed.

_____ Begin OsmoPrep by taking 4 tablets every 15 minutes until you have taken 20 tablets. You must drink 8-10 ounces of clear liquids with every 4 tablets. The last 4 tablets MUST be taken with at least 12 ounces of club soda or ginger ale. The tablets leave foam in the colon and club soda and ginger ale are the only beverages that will move the foam out of the way so Dr. Hutzenbuhler can see then lining of your colon.

Moistened wipes will help reduce irritation from frequent wiping.

DAY OF YOUR EXAM: _____

_____ Complete OsmoPrep by taking 4 tablets every 15 minutes until you have taken the final 12 tablets. The last 4 tablets MUST be taken with at least 12 ounces of club soda or ginger ale.

YOU MAY NOT DRINK ANYTHING AFTER _____.

YOU MUST BE DRIVEN HOME AND MAY NOT DRIVE FOR THE REST OF THE DAY

CLEAR LIQUIDS: No red or purple, no dairy, no pulp

coffee	water	Jell-O
tea	Gatorade	soda
popsicles	broth	clear juice

Date _____ Arrival time _____

Raleigh Endoscopy Center – Atrium Drive

Raleigh Endoscopy Center – Forum Drive

Rex Hospital

PLEASE CALL JANET 787-7226 IF YOU HAVE ANY QUESTIONS