

The day before your colonoscopy, begin clear liquid diet for breakfast, lunch, and dinner. These are liquids, which you can see through if held up to the light. **NO RED, PURPLE OR ORANGE.** This is to be continued until after your procedure.

**Clear liquids include:**

- Clear fruit juices without pulp (apple, white grape, white cranberry)
- Clear or strained chicken broth
- Lemon or lime Jell-O or Popsicles (NO red, purple or orange)
- Water, including sparkling or flavored water
- Gatorade, or any sports drink or powdered drinks that are **CLEAR.**
- Coffee or tea (No creamers, milk or milk products)
- Clear sodas, for example ginger ale, seven-up, or sprite.

**First Dosing Regimen:**

Take **4 OsmoPrep** tablets every 15 minutes with 8 ounces of **any clear liquid** until all 20 tablets have been consumed. Remain close to toilet facilities. It is important to drink all clear fluids with each dosing

<b>8 oz.</b>	<b>8 oz.</b>	<b>8 oz.</b>	<b>8 oz.</b>	<b>8 oz.</b>
<b>4 tablets</b>	<b>4 tablets</b>	<b>4 tablets</b>	<b>4 tablets</b>	<b>4 tablets</b>
<b>@ 5:00pm</b>	<b>@5:15pm</b>	<b>@5:30pm</b>	<b>@5:45pm</b>	<b>@6:00pm</b>



**Second Dosing Regimen:**

Take **4 OsmoPrep** tablets every 15 minutes with 8 ounces of any **clear liquid** until the remaining 12 tablets have been consumed. It is important to drink all clear fluids with each dosing.



<b>8 oz.</b>	<b>8 oz.</b>	<b>8 oz.</b>
<b>4 tablets</b>	<b>4 tablets</b>	<b>4 tablets</b>
<b>@7:00pm</b>	<b>@7:15pm</b>	<b>@7:30pm</b>

**IMPORTANT: DO NOT EAT OR DRINK AFTER MIDNIGHT!!!!**

If you normally take medications in the morning for breathing problems, seizures, high blood pressure or heart medication you may take them the day of your procedure with a small amount of water.