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**INSTRUCTIONS FOR**  
**COLONOSCOPY PREPARATION WITH OSMOPREP TABLETS**

Colonoscopy is a routine, generally safe, pain-free procedure used to examine the colon. These are the steps that you must take before the procedure to ensure the highest level of safety and effectiveness.

1. Make arrangements to have someone drive you home after the procedure. Colonoscopy involves sedation, and you will not be allowed to leave the facility unaccompanied.
2. Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure.
3. Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during, and after the preparation.

**THE DAY BEFORE YOUR COLONOSCOPY**

Drink only clear liquids throughout the day.

You **may not** have any solid or soft food. Milk or other dairy products are also **not allowed**.

Please avoid red or purple clear liquids.

Clear liquids are those you can "see through."

Examples include:

- Water
- Strained fruit juice without the pulp (apple, white grape)
- Tea without milk or creamer
- Clear broth or bouillon
- Ginger ale
- Lemon-lime soda
- Lemonade
- Sports drink (such as Gatorade)
- Kool-Aid or other fruit flavored drinks
- Plain Jell-O without added fruit or toppings
- Ice Popsicles

The following is the schedule for using *OsmoPrep Tablets*:

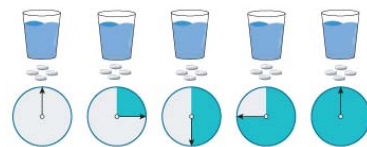
**THE DAY BEFORE YOUR COLONOSCOPY**

**Step 1** (refer to illustration)

**Begin approximately at NOON:**

Take 4 tablets with 8 oz of any clear liquid every 15 minutes

Note: You will take a total of 20 tablets over a 1-hour period



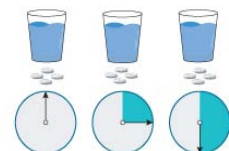
**Step 2** (refer to illustration)

**Begin approximately at 6 p.m.:**

Take 4 tablets with 8 oz of any clear liquid

15-minutes later take another 4 tablets with 8 oz of any clear liquid

(You will take a total of 8 tablets over a 15-minute period)



***If your colonoscopy is scheduled for the morning, do not eat or drink anything (other than the preparation) after midnight. If your colonoscopy is scheduled after 1:00pm, you may have a small quantity of clear liquids in the morning until 7:00am.***