Ulster Gastroenterology, PLLC

Ulster Endoscopy Care, PLLC

Reham El-Shaer, MD

(845) 309-7597

**OSMO Bowel Prep**

Patients Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Arrival Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The day before your colonoscopy

Start clear liquids in the am.You may eat the following up until 12 pm; Eggs, pudding yogurt,cheese,ice cream,white bread, white pasta. After 12pm, nothing more to eat. Only clear liquids for the rest of the day. Start your prep no later than 3pm.Follow your particular prep instructions.

Clear liquids include-Water,broths,bullions,coffee,tea,strained juices such as apple,white grape,orange,lemonade,Jell-o,gatorade,ice pops,crystal light, any kind of tea. Avoid milk or non-dairy creamer and anything colored red or purple, or anything carbonated.

Drink as much fluids as you can to keep yourself hydrated, and stay as active as you can to expedite the prep process.Mixing liquids at room temperature is best.

When you start your prep;

 Take 4 pills with 8 oz of water or clear liquid every 20 – 30 minutes until the first 20 pills are gone.

After 2 hours take 4 pills with 8 oz of water or clear liquid again every 20 – 30 minutes until they are all gone.

You may continue your clear liquid diet until midnight

Nothing by mouth after midnight.

You MUST have a ride home from your colonoscopy.Taxis are NOT acceptable.

You may take your morning blood pressure,or heart meds with a small sip of water.