

William J. Fecht, Jr., M.D.
Paul K. Frederick, M.D.

Diplomates of the
American Board of
Internal Medicine and
Gastroenterology

9002 N. Meridian Street
Suite 200
Indianapolis, IN 46260

PH (317) 872-1161
TF (877) 282-5687
FX (317) 875-3286

www.indianagastro.com



OSMOPREP® BOWEL PREPARATION *

Your efforts at cleansing your colon are essential for an accurate and safe procedure. The instructions provided below are designed to maximize the ease, safety and success of your preparation. **If you believe your prep has not been effective please inform the nurse and physician prior to the procedure.**

Purchase the following at the pharmacy

- Osmoprep® (prescription provided). **Do not follow the dosing instructions with the kit but rather those instructions below.**
- Optional: Plain or aloe Baby wipes
- Optional: Desitin or A&D ointment (minimizes bottom irritation)

Day before the procedure

- Eat only a clear liquid diet throughout the day. No red or purple liquids. Avoid all solid food, dairy products and juices with pulp. Examples of clear liquids can be found on the reverse side (page 2). **Drink as much fluid throughout the day.**
- Starting at 5:00 p.m. – Take 4 tablets with 8 oz of clear liquid. Repeat at 5:15 p.m., 5:30 p.m., 5:45 p.m. and 6:00 p.m. After your 6:00 p.m. dose you should taken 20 tablets and 40 oz of clear liquid.
- Starting at 9:00 p.m. – Take 4 tablets with 8 oz of clear liquid. Repeat at 9:15 p.m. and 9:30 p.m. After your 9:30 p.m. dose you should 32 tablets (20 + 12) and 64 oz (40 + 24) of clear liquid.
- Continue clear liquid diet. **Maintaining your hydration with this prep is very important so we strongly encourage you to continue drinking liquids.**

Day of procedure

- You may take necessary medications with small amount of water.
- You may continue clear liquid diet until 3 hours prior to your procedure.
- **DO NOT TAKE ANYTHING BY MOUTH 3 HOURS PRIOR TO YOUR PROCEDURE TIME.**

Please drink plenty of clear liquids throughout the day to prevent dehydration. You may have clear caffeinated beverages; however please do not make these a majority of your liquids.

* The FDA has required the manufacturer of Osmoprep® to add a boxed warning due to the risk of kidney failure. For more information visit <http://www.fda.gov> and search *Osmoprep*.

CLEAR LIQUID DIET

Apple juice

Cranberry juice (okay because it is naturally red)

White grape juice

Propel fitness water (any flavor)

Gatorade (no red or purple)

Tea

Coffee. No cream or dairy products added.

Chicken or beef broth (strained)

Jell-o (no red or purple)

Popsicles (no red or purple)

You may have clear liquids with caffeine. However, please do not make it the majority of your liquids.