

Gastroenterology Associates of Rochester, LLP
2440 Ridgeway Avenue, Rochester NY 14626

Colonoscopy

Osmo Pill Preparation Instructions

DAYS BEFORE EXAM

Two (2) days prior to your test, **avoid:** Salads, raw fruits, nuts, raw vegetables and seeds.

Take your daily medications as usual unless you are a **Diabetic** or **on blood thinners** (i.e. Coumadin, Plavix and Aspirin) then please contact our office for specific instructions.

Take all other medications as usual, including **blood pressure** medications.

DAY BEFORE PROCEDURE

CLEAR LIQUIDS ONLY! No solid food is allowed until after your procedure is completed. Examples of clear liquid: water, carbonated beverages, strained fruit juices, coffee, tea, broth, bouillon, gelatin. **Nothing red in color.** No milk products, alcoholic beverages, hard candy or gum.

Follow the directions on the OsmoPrep box. The **evening before** your colonoscopy take 4 OsmoPrep tablets with 8oz of clear liquids every 15 minutes for a total of 20 tablets.

DAY OF YOUR EXAM

Starting **3-5 hours before your exam**, take 4 OsmoPrep tablets with 8oz. of clear liquids every 15 minutes for a total of 12 tablets.

******* Any questions please call (585) 720-1550. *******