

**University of Maryland Medical Center  
Division of Gastroenterology  
22 S. Greene Street Baltimore, MD 21201  
GI Endoscopy Lab, North Hospital, Room N3W159  
Or GI Endoscopy Lab, North Hospital, 7<sup>th</sup> floor**

**Split Osmoprep Colonoscopy Preparation Instructions**

A colonoscopy allows examination of the lining of the entire lower bowel for abnormalities using a lighted flexible tube called a colonoscope. Your colonoscopy is scheduled for \_\_\_\_\_ at \_\_\_\_\_ a.m. Please report to the GI Endoscopy Lab on the 3<sup>rd</sup> or 7<sup>th</sup> floor of the University of Maryland Medical Center. Please bring all insurance cards, referrals and co-pays, if applicable. **Please arrive one hour before your scheduled procedure.**

**Instructions for Colonoscopy Preparation:**






Your colon must be completely empty for the colonoscopy to be accurate and complete. This sheet provides instructions for your colonoscopy preparation. If after reading these instructions you have any questions or concerns regarding your scheduled procedure and/or instructions, please call the gastroenterology division at (410) 328-5780.

**Prior to the Exam:**

1. Purchase OsmoPrep at any pharmacy. A prescription is needed.
2. Stop iron 5 days prior to your scheduled colonoscopy.
3. If you take insulin, coumadin, blood pressure or heart medications contact your primary care physician about whether or not you should take them before the procedure.

**The Day before the Exam:**

1. You may have a light breakfast (1 piece of bread with coffee or juice). **AFTER BREAKFAST YOU MAY HAVE CLEAR LIQUIDS ONLY FOR THE REST OF THE DAY.** Clear liquids include:
  - a. Clear broth or bullion (no vegetables, meat, or noodles)
  - b. Strained fruit juices without pulp (apple, white grape, lemonade)
  - c. Water, plain coffee or tea, Gatorade, Kool-Aid
  - d. Soft drinks such as 7-Up, Sprite, or Ginger Ale
  - e. Jell-O (plain without added fruit, no red or purple Jell-O)
  - f. Ice Popsicles or Italian ice (without fruit)
2. You will begin to take the 1<sup>st</sup> part of the dosing regimen of Osmoprep at 6:00 PM on the day prior to the procedure. The 1<sup>st</sup> part of the dosing regimen includes 20 tablets of Osmoprep, taken as shown below. It is imperative that you drink all of the liquids as directed below to avoid dehydration, and the possible cancellation of your procedure.

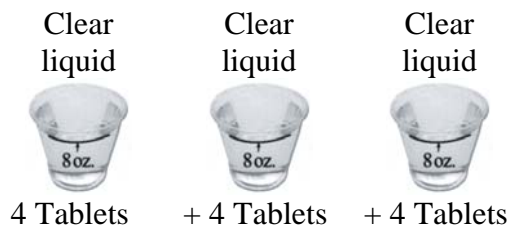
Clear liquid	Clear liquid	Clear liquid	Clear liquid	Clear liquid	
					
4 Tablets	+ 4 Tablets	+ 4 Tablets	+ 4 Tablets	+ 4 Tablets	<i>Take 4 tablets with 8 oz of clear liquid every 15 minutes</i>
					<b>= 20 tablets over 1 hour</b>

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**The Morning of your Procedure:**

- Take the second dosing regimen 4 hours before the procedure as shown below. This 2<sup>nd</sup> part of the dosing regimen includes 12 tablets of Osmoprep. It is imperative that you drink all of the liquids as directed below to avoid dehydration, and the possible cancellation of your procedure.



*Take 4 tablets with 8 oz  
of clear liquid every 15  
minutes  
= 12 tablets over 30  
minutes*

**Exam Day:**

1. Take your regular medications with a sip of water, about two hours after finishing the morning doses of Moviprep, unless instructed otherwise by your doctor.
2. You must bring an adult with you because you will be given medication to help you relax. This medication will make you drowsy so that you will need someone to take you home. **The procedure will be cancelled if an adult is not available to accompany you home.**