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COLONOSCOPY PREPARATION INSTRUCTIONS

4B

SPLIT OSMO PREP

It is very important for you to **read and follow these instructions**. Failure to do so may result in cancellation of your procedure. Please keep them in a place where you can find them to **review again**, ALONG WITH THE GENERAL COLONOSCOPY INSTRUCTIONS, **one week prior to your test date**.

HELPFUL TIP: Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) SEVEN DAYS PRIOR TO PROCEDURE FOLLOW A LOW RESIDUE DIET; NO marijuana the day before and day of procedure; NO tobacco use the day of procedure.

TEST DATE: _____ ARRIVAL TIME: _____

One day prior to procedure _____, do the following:

1. You may have a low residue breakfast, such as eggs and white toast, then **starting at 12:00pm (noon)**, you must stay on the Clear Liquid Diet (see sample diet)
2. **Beginning at 5:00 pm** start prep as follows:

Take all doses with AT LEAST 8oz. of any clear liquids. (Remain close to a bathroom)

-4:00 PM take 4 pills

-6:00 PM take 4 pills

-8:00 PM take 4 pills

-10:00 PM take 5 pills

On the morning of the procedure _____ take each dose of pills with 8oz of clear liquid.

-5:00 AM take 5 pills

-6:00 AM take 5 pills

-7:00 AM take 5 pills

You must take the total of 32 pills followed by 8-12oz of clear liquids after each dose.

You may continue your Clear liquid Diet during the evening/night and up to 4 hour prior to your arrival time.

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Clear Liquid Diet for Colonoscopy Prep Day

HELPFUL TIP: Avoid high fiber foods (nuts, seeds, whole grains, raw fruit and vegetables, beans, corn, chicken skin) SEVEN DAYS PRIOR TO PROCEDURE FOLLOW A LOW RESIDUE DIET; NO marijuana the day before and day of procedure; NO tobacco use the day of procedure.

No Red Colored liquids, ice or Jell-O, they may look like blood during the procedure. You MAY NOT have milk or creamer, or any alcoholic beverages on a clear liquid diet

Allowable Choices

- Black coffee (no milk or Creamer)
- Tea hot or cold (no milk or creamer)
- Sports Drinks (Gatorade, PowerAde, Pedialyte)
- Clear Soda (sprite, 7up, seltzer, ginger ale)
- Lemonade
- Broth or bouillon (chicken, beef, vegetable)
- Flavored Jell-O (no red)
- Lemon Ice or Italian Ice (no red)
- Clear Juices any flavor (apple, white cranberry or grape etc.)
- Crystal Light

STOP all clear liquids 4 hours before your scheduled arrival time