The day before your colonoscopy, begin clear liquid diet for breakfast, lunch, and dinner. These are liquids, which you can see through if held up to the light. **NO RED, PURPLE OR ORANGE.** This is to be continued until after your procedure.

Clear liquids include:

- Clear fruit juices without pulp (apple, white grape, white cranberry)
- Clear or strained chicken broth
- Lemon or lime Jell-O or Popsicles (NO red, purple or orange)
- Water, including sparkling or flavored water
- Gatorade, or any sports drink or powdered drinks that are **CLEAR**.
- Coffee or tea (No creamers, milk or milk products)
- Clear sodas, for example ginger ale, seven-up, or sprite.

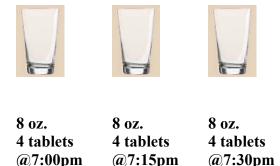
First Dosing Regimen:

Take **4 OsmoPrep** tablets every 15 minutes with 8 ounces of **any clear liquid** until all 20 tablets have been consumed. Remain close to toilet facilities. It is important to drink all clear fluids with each dosing



Second Dosing Regimen:

Take 4 OsmoPrep tablets every 15 minutes with 8 ounces of any clear liquid until the remaining 12 tablets have been consumed. It is important to drink all clear fluids with each dosing.



IMPORTANT: DO NOT EAT OR DRINK AFTER MIDNIGHT!!!!

If you normally take medications in the morning for breathing problems, seizures, high blood pressure or heart medication you may take them the day of your procedure with a small amount of water.