

OSMO-PREP

Your doctor may recommend this bowel preparation for various abdominal or rectal surgeries. He will provide you with a prescription for this at his office or it may be called into your local pharmacy.

THIS PROCEDURE BEGINS THE DAY BEFORE YOUR SURGERY

The doctor will provide you with the date.

The morning before your procedure, begin a CLEAR LIQUID DIET. You will be on this diet the entire day. For Dr. Marx, these liquids include water, soft drinks, coffee, tea, popsicles, jello, broth, or clear juices. **DO NOT DRINK MILK OR ANY RED OR PURPLE DRINKS.**

- 1. At 12:00pm**, take 2 Dulcolax tablets with a large glass of water.
- 2. At 2:00pm**, take 4 Osmoprep tablets every 15 minutes with at least 8 ounces of any clear liquid until all 20 tablets have been consumed.
- 3. AT 8:00pm**, take 4 Osmoprep tablets every 15 minutes with at least 8 ounces of any clear liquid until the remaining 12 tablets have been consumed.

- Stay hydrated by drinking all required clear liquids during the prep
- Do not consume anything by mouth after midnight. The only exception to this is if the doctor has allowed you to take your morning medications with small sips of water.
- If your bowel movements are not clear after the completion of the OsmoPrep preparation or at midnight, take 2 additional Dulcolax tablets.

For any questions, please don't hesitate to call our office.