



Osmo One Day Colonoscopy Preparation and Instructions

Please follow these instructions carefully. This will avoid having to reschedule if you are not fully cleaned out. You will be called the week prior to verify your appointment and answer any questions you may have.

5 Days Before Your Colonoscopy

You will need to obtain a prescription from your physician. Please pick up a prescription for OSMO pills from your pharmacy.

Stop taking the following:

- Ibuprofen, Advil, or any other NSAID (non-steroidal anti-inflammatory drug).
- Fish Oil
- Pepto Bismol
- Iron supplements or multivitamins with iron
- Fiber supplements
- Food with seeds or nuts including strawberries, tomatoes and bananas

1 Day Before Your Colonoscopy

Do not eat solid foods. Drink clear liquids only; nothing red, blue, or purple.

Clear liquids include

- Water
- Popsicles
- Clear fruit juices such as apple or white grape
- Coffee or tea without cream or dairy
- Gatorade
- Soft drinks, lemon, ice tea Crystal Light
- Plain flavored or unflavored Jello (no red, blue or purple) (cont'd)

5 pm – Take 4 pills with 8 oz of liquids at 5 pm, 5:15 pm, 5:30 pm, 5:45 pm, and 6 pm for a total of 20 pills.

Day of Your Colonoscopy

Do not eat solid foods. Drink clear liquids only (nothing red, blue, or purple).

6 Hours before scheduled colonoscopy

- Every 15 minutes take 4 pills with 8 oz of water for a total of 12 pills).

For more information, please contact

Northern Light Gastroenterology, 417 State Street, Suite 121, Bangor, Maine 04401
Phone: 207.973.4266 | fax: 207.973.5151

2 Hours before scheduled colonoscopy

- Stop all liquids 2 hours before your scheduled colonoscopy time
- Do NOT eat solid foods

Morning medications can be taken with a TINY amount of water EXCEPT diabetic patients who will need to call your primary care provider for instructions.

Please remember

- Arrive at the time indicated on the front of this pamphlet.
- Have a responsible person adult driver to take you home and stay with you.

04/2020

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