

Gastroenterology  
and Hepatology

**MARC L. KOZAM, MD**  
18111 Prince Philip Drive, Suite T-14  
Olney, MD 20832-1513

Telephone: 301-774-4400  
Facsimile: 301-774-1034

## OSMOPREP™ COLONOSCOPY PREPARATION INSTRUCTIONS

### ANY TIME:

1. Purchase one 10 oz. bottle of Magnesium Citrate. Fill your prescription for 32 OsmoPrep™ tablets.

### ON THE DAY BEFORE COLONOSCOPY:

2. Drink clear liquids only. Absolutely no pulpy juices or dairy products.
3. In the morning, drink the entire 10 oz. bottle of Magnesium Citrate.
4. Starting in the late afternoon or early evening, take the first 20 tablets by taking four OsmoPrep™ tablets with a full 8oz. of clear liquids every 15 minutes.
5. Wait two or three hours then take the remaining 12 tablets by taking four OsmoPrep™ tablets with a full 8oz of clear liquids every 15 minutes. (If you are having an afternoon colonoscopy, you may do this between 8AM and 9AM on the day of the procedure.)

### ON THE DAY OF COLONOSCOPY:

6. You may continue to drink clear liquids until 3 hours prior to your procedure.
7. Unless instructed otherwise, continue your usual medications as prescribed.

### AFTER THE COLONOSCOPY:

8. Relax, nap, lunch or a snack. **DO NOT DRIVE.**
9. Call to schedule a follow up visit. While major findings are discussed right away, a follow up office visit allows me to discuss procedure and biopsy results, assess your progress, answer questions, and review future care needs.

### HELPFUL HINTS

#### **WHAT ARE CLEAR LIQUIDS?**

Clear liquids include Water, Gatorade, Kool-Aide, Crystal Lite, Jello, Broth, Soda, Coffee or Tea (no creamer), Apple or Cranberry juice, Popsicles, Italian Ice.

“Red” colored drinks are OK, but may come out red.

#### **I HAVE A HEART MURMUR. DO I NEED ANTIBIOTICS?**

No, even if your dentist recommends that you take them prior to a dental procedure.

#### **CAN I TAKE ASPIRIN, ADVIL, ALEVE?**

Yes. Aspirin and similar products do not substantially increase the risk of bleeding.