

**HUDSON VALLEY GASTROENTEROLOGY, PC**  
**PROCEDURE PREP**

Your prep day is 00/00/0000

You will need to fill your prescription for **Osmoprep** at your local pharmacy. If your insurance does not cover Osmoprep your prep instructions are subject to change, please contact our office for updated instructions. Only follow instructions from this office, do **NOT** follow instructions from your pharmacy.

**Instructions for prep:**

- You must remain on a clear liquid diet all day (day before exam). This starts from the time you get up until Midnight.

**Beginning at 6:00 PM (Day before Exam): First Regimen**

- Take 4 tablets with 8 oz of water every 15 minutes.
- Regimen 1 is complete when 20 tablets are taken over 1 hour
- Continue on clear liquids until midnight, then nothing by mouth **EXCEPT** for morning dose.

**Beginning at ---:-- - 5 hours before your procedure (Day of Exam): Second Regimen**

- Take 4 tablets with 8 oz of water every 15 minutes
- Regimen 2 is complete when 12 tablets are taken over 30 minutes.
- Do not have **ANYTHING** to drink for 3 hours before your procedure

**Clear Liquid Diet List**

{A clear liquid is any liquid that you can see through}

**Nothing RED or ORANGE** in color

**No milk, Cream or Soy milk** in your coffee or tea

**No alcoholic beverages** please

Please drink as much as possible **IN ADDITION** to your prep solution.

**You May Have:**

- Clear Soups and Broths (no pasta/veggies) (water based chicken or beef broth is OK)
- Clear Juices: Apple, White Grape, White Cranberry
- Instant Drink Mixes: Iced Tea, Lemonade, Crystal Light, Gatorade, Propel, Pedialyte or other Flavored Waters
- Hard Candy: No Red or Orange (Butterscotch & Root Beer are OK)
- JELL-O Gelatin: Grape, Lime, Berry Blue, Pineapple, Lemon
- Popsicles/Italian Ice: Any Flavor that is **NOT** Red or Orange in color
- Clear Sodas and Seltzer Water (note: these should be limited due to carbonation)
- Tea: Any Kind: Black tea, Green tea, Earl Grey, Oolong, White tea, Herbal tea etc.
- Coffee: Black with sugar is OK, **NO** milk, soy milk or powdered creamers

**YOU MAY USE:** Sugar, Honey, or Lemon to flavor any liquid.