

DIGESTIVE DISEASE AND NUTRITION CENTER OF WESTCHESTER, LLP.

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OSMO PREP

Physician: Rosemarin Roston Noyer Marano Goldblatt Arena

Procedure Date: _____ Time: _____ Arrival Time: _____

Your procedure is scheduled at:

New York Endoscopy Center
2 Westchester Park Drive, Suite 104
White Plains, NY 10604
Ph: 914-683-1619

THE DAY BEFORE YOUR COLONOSCOPY

Drink only clear liquids throughout the day.

You **may not** have any solid or soft food. Milk or other dairy products are also **not allowed**. Please avoid red or purple clear liquids.

Clear liquids are those you can “see through”.
Examples include:

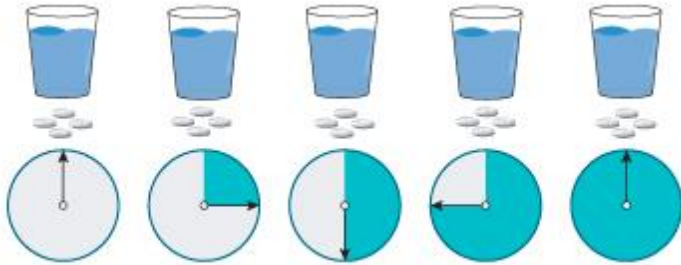
- Water
- Strained fruit juice without the pulp
- (apple, white grape)
- Tea without milk or creamer
- Clear broth or bouillon
- Ginger ale
- Lemon-lime soda
- Lemonade
- Sports drink (eg, Gatorade)
- Kool-Aid or other fruit flavored drinks
- Plain Jell-O without added fruit or toppings
- Ice Popsicles

The following is the schedule for using *OsmoPrep*:

Beginning approximately 12:00pm the day before colonoscopy:

Take 4 tablets with 8 oz of any clear liquid every 15 minutes
You will take a total of 20 tablets over a 1-hour period

Step 1



Step 2

Beginning approximately 6:00pm the day before colonoscopy:

Take 4 tablets with 8 oz of any clear liquid every 15 minutes
You will take a total of 12 tablets over a 30-minute period

