

DIGESTIVE DISEASE AND NUTRITION CENTER OF WESTCHESTER, LLP.

JACK ROSEMARIN, M.D., F.A.C.G.
ALFRED ROSTON, M.D., F.A.C.G.
CHARLES NOYER, M.D., F.A.C.G.
BENJAMIN MARANO, M.D., F.A.C.G.
ROBERT GOLDBLATT, M.D., F.A.C.G.
ROSEMARIE ARENA, M.D., F.A.C.G.



2 Westchester Park Drive
Suite L1
White Plains, New York
10604
Fax: (914) 683-1026
www.stomachmds.com

OSMO PREP

Physician: Rosemarin Roston Noyer Marano Goldblatt Arena

Procedure Date: _____ Time: _____ Arrival Time: _____

Your procedure is scheduled at:

White Plains Hospital Center
Davis Avenue @ East Post Road
Report to Endoscopy 3rd Floor
Ph: 914-681-0600

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:

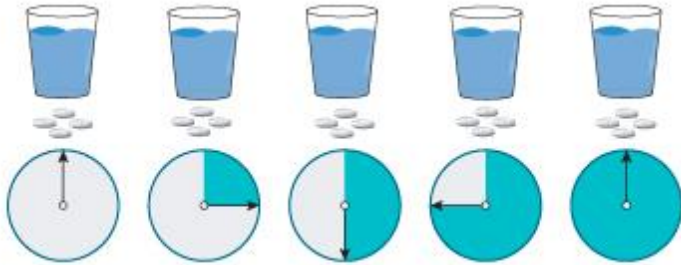
- Water
- Strained fruit juice without the pulp
- (apple, white grape)
- Tea without milk or creamer
- Clear broth or bouillon
- Ginger ale
- Lemon-lime soda
- Lemonade
- Sports drink (eg, Gatorade)
- Kool-Aid or other fruit flavored drinks
- Plain Jell-O without added fruit or toppings
- Ice Popsicles

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

