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## COLONOSCOPY PREP INSTRUCTIONS

### OsmoPrep

You have been scheduled for a colonoscopy with Dr Dixon on \_\_\_\_\_ at Newberry County Memorial Hospital (NCMH).

The day before your colonoscopy follow a clear liquid diet (NO SOLID FOODS). Please avoid red colored liquids as well.

### THE PREP

START the Prep between **4-5 PM**.

Take the first series of pills (20) – take 4 pills with 8oz of water every 15 minutes for a total of 5 times or 20 pills

Around **8 PM**

Take the second series of pills (12) – take 4 pills with 8oz of water every 15 minutes for a total of 3 times or 12 pills.

Do Not Drink anything After Midnight (unless instructed to take your medications with a sip of water)