

**FISHERS DIGESTIVE CARE
ANIL YAKHMI, M.D.**

Colonoscopy Prep: Visicol Tablets or Osmoprep Tablets

You Will Need:

Thirty-two (32) Visicol or Osmoprep tablets, available at any pharmacy.

To Do the Day Before the Examination

Drink only **clear liquids** for breakfast, lunch, and dinner. **Solid foods, milk, and milk products are not allowed.** Clear liquids include the following, as long as they are not red or purple:

Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (no milk or creamer), Gatorade, carbonated or non-carbonated drinks, Kool-Aid or other flavored drinks, plain Jell-O, and popsicles. Coke and Pepsi are okay.

FIRST ROUND OF PILLS: Start between 5:00 p.m. and 7:00 p.m. the night before the procedure

1. Take four (4) pills with eight (8) ounces of clear liquid every fifteen (15) minutes. Take six (6) doses for a total of twenty-four (24) pills.
2. Take one (1) can of ginger ale with the last dose.

EXAMPLE:

5:15 p.m.	Four (4) pills with eight (8) ounces of clear liquid
5:30 p.m.	Four (4) pills with eight (8) ounces of clear liquid
5:45 p.m.	Four (4) pills with eight (8) ounces of clear liquid
6:00 p.m.	Four (4) pills with eight (8) ounces of clear liquid
6:15 p.m.	Four (4) pills with eight (8) ounces of clear liquid
6:30 p.m.	Four (4) pills with one (1) can of ginger ale

Twenty-four (24) pills total

Day of the Examination

SECOND ROUND OF PILLS: Start five (5) hours before arriving at the hospital registration

1. Take four (4) pills with eight (8) ounces of clear liquid.
2. Wait fifteen (15) minutes, and then take four (4) pills with one (1) can of ginger ale.

Eight (8) more pills total

- **Do not crush pills. You may only break them in half.**
- Arrive for the procedure at the scheduled arrival time with a person who can drive you home.

If you have any questions, please do not hesitate to contact Dr. Yakhmi at (317) 415-9277