



**Women's Health Specialists of Montgomery County PA**

Gynecology-Gynecologic Oncology  
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**BOWEL PREP INSTRUCTIONS**

Your Procedure Requires You To Do A Bowel Prep The Day Before Surgery

**PLEASE READ AND FOLLOW INSTRUCTIONS CAREFULLY!**

It is very important that your bowel be completely emptied so that the bowel is lying flat, keeping it from being injured during your surgery.

Since your procedure requires a bowel prep, you will need to follow a CLEAR LIQUID DIET. **Your clear liquid diet begins in the morning on the day before surgery.** You may continue your clear liquids **until 6 hours prior to your surgery.** **After that, you may NOT eat or drink anything until surgery.**

CLEAR LIQUIDS: Jell-O, chicken or beef broth, sodas, coffee and tea with sugar (**NO CREAMERS**), clear fruit juice (**NO PULP**), Gatorade and popsicles.

Your bowel prep will be  
**OSMOPREP #28 TABS**

Take 4 tablets with 8oz of clear liquid every 15 minutes for a total of 28 tablets

- 4:00pm - 4 tablets with 8oz of clear liquids
- 4:15pm - 4 tablets with 8oz of clear liquids
- 4:30pm - 4 tablets with 8oz of clear liquids
- 4:45pm - 4 tablets with 8oz of clear liquids
- 5:00pm - 4 tablets with 8oz of clear liquids
- 5:15pm - 4 tablets with 8oz of clear liquids
- 5:30pm - 4 tablets with 8oz of clear liquids