

OSMOPREP INSTRUCTIONS FOR PATIENTS UNDERGOING COLON SURGERY

To diminish the risk of bleeding please stop all Aspirin; Motrin; Advil; Plavix; Coumadin; and all non-prescription dietary supplements one (1) week prior to the operation (unless discussed with the physician).

Cleansing the bowel prior to colon surgery is crucial for a successful procedure. This requires complete “flushing out” of the intestines. Follow these instructions carefully and ask us if you have any questions.

Please make sure to get OsmoPrep at any pharmacy (prescription attached) a week prior to procedure.

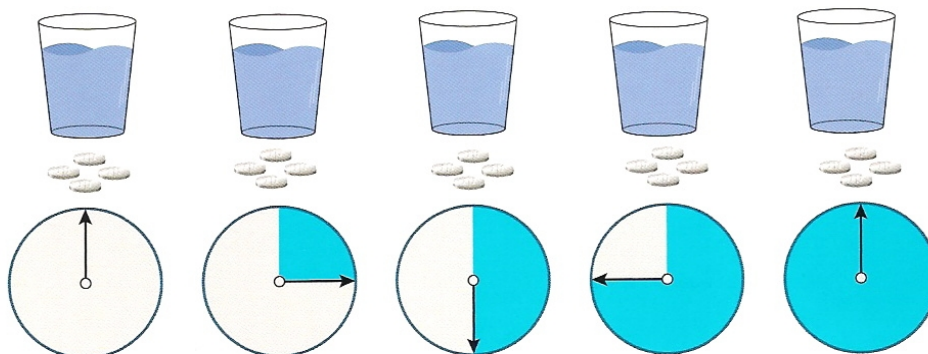
On the day before your colon surgery:

1. Eat a clear liquid diet only for breakfast, lunch and supper. This includes clear soups, broth, Jell-O, Kool-Aid, Italian ices, coffee, tea, and water. DO NOT DRINK ANYTHING RED OR PURPLE IN COLOR.
2. At 2:00 pm, begin taking 4 tablets with 8 oz. of any clear liquid (Gatorade is preferable) every 15 minutes, for one (1) hour (2:00, 2:15, 2:30, 2:45, 3:00). Do not exceed 20 tablets.

Take first 20 tablets with Gatorade products. Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during, and after the preparation.

First Regimen

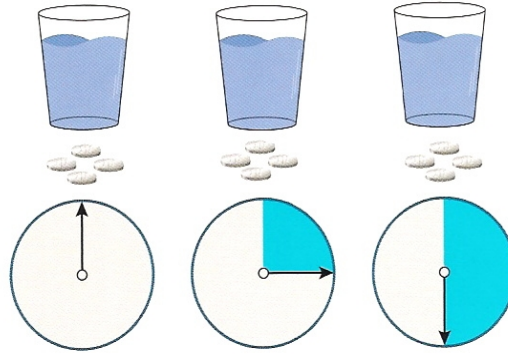
One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets)



- At 10:00 PM begin taking the 2nd dose of OsmoPrep. Take 4 tablets with 8 oz. of any clear liquid (Gatorade is preferable) every 15 minutes, for 30 minutes.

Second Regimen

One dose every 15 minutes for a total of 3 doses (12 tablets)



- Nothing to eat or drink after midnight.

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **No red or purple** liquids should be consumed!

Food Group	Foods Allowed	Foods to avoid
Milk & Beverage <i>No red or purple liquids</i>	Tea and coffee (no creamer), carbonated beverages, fruit flavored drinks	Milk creamer, milk drinks
Meats & Meat Substitutes	None	All
Vegetables	None	All
Fruit & Fruit Juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & Starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles <i>No red or purple flavors</i>	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

The following menu is only a suggestion

Breakfast	Lunch	Dinner
4 oz. White grape juice	4 oz. Apple juice	4 oz. Lemonade
6 oz. Clear broth	6 oz. Clear broth	6 oz. Clear broth
JELL-O*	JELL-O	JELL-O
Tea	Tea	Tea