

OSMOPREP AND ORAL ANTIBIOTICS FOR PATIENTS UNDERGOING COLON SURGERY

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY AT LEAST TWO WEEKS BEFORE YOUR PROCEDURE

Patients should take their am dosage of the following medications with a sip of water:

- Beta Blockers and antiarrhythmics such as Digoxin or Calcium Channel Blockers.
- Asthmatic medications including inhalers, Theophylline, Singulair and/or steroids.
- GERD medication
- Statins such as Lipitor, Zocor, Crestor, etc.

The following are anesthesia guidelines however you should consult with your prescribing physician.

Oral Hypoglycemic Agents	Metformin/Glucofage/Actos/ Glyburide/Tolinase/Avandia/Amaryl/all others	Recommend holding am dose/day of surgery
Diuretics	Lasix/HCTZ/Spironolactone	Hold doses day of prep and day of surgery UNLESS prescribed for CHF- these patients should take their am dose.
ACE/ARB	Lisinopril/Lotrel/Catopril/Lotensin/Monopril /Prinzide/Atacand/Benicar/Diovan/Avalide	Hold dose day of surgery UNLESS prescribed for CHF-these patients should take their am dose.
Insulin	NPH/Regular	As per primary care physician's instructions
All Herbal Supplements		Stop all Herbal supplements at least 72hours prior to surgery surgeon

DO NOT take aspirin or aspirin-type products such as Ibuprofen, Advil, Aleve, Nuprin, Motrin, Naprosyn, etc. for at least one week prior to procedure. You may take Tylenol. DO NOT take aspirin or aspirin-type products for 1 week after your surgery.

Please stop Plavix 10 days prior to your procedure, or Coumadin 4 days prior. Please consult the physician who prescribed the medication to make them aware.

Please advise the physician if you have a prosthetic heart valve or if you have a serious heart murmur. Also advise physician if you have had any cardiac procedures in the last year.

At least two days before your surgery:

1. Obtain the OsmoPrep and the oral antibiotics at your pharmacy (prescriptions attached).
2. Purchase a bottle of Hibiclens soap over the counter at the pharmacy.

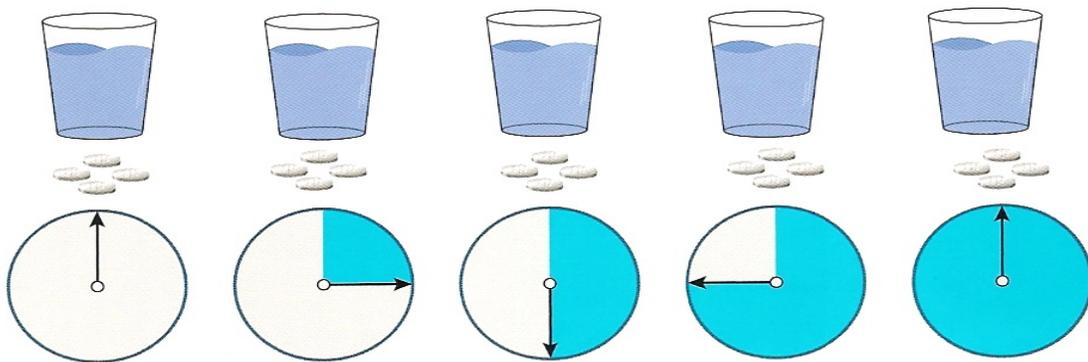
On the day before your colon surgery:

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.
2. At 11:00 am, begin taking 4 tablets with 8 oz. of any clear liquid (Gatorade is preferable) every 15 minutes, for one (1) hour. 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

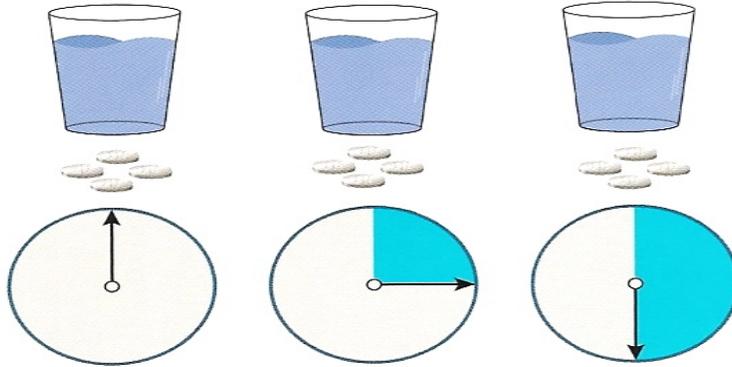
One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets)



- At 3:00 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)



- At 4PM take two Neomycin (500mg) tablets and one Metronidazole (500mg) tablet with a glass of water.
- At 5PM take two Neomycin (500mg) tablets and one Metronidazole (500mg) tablet with a glass of water.
- At 10PM take two Neomycin (500mg) tablets and one Metronidazole (500mg) tablet with a glass of water.
- Shower with the hibiclens soap the night before and the morning of your surgery.
- Continue to drink as much clear liquids, such as Gatorade/Propel, until 4 hours prior to your surgery.

You may drink clear liquids, Gatorade is preferred, up to 4 hours before your surgery. It is okay to take your blood pressure or heart medications with enough water to swallow the medications. Do not take diabetes medicines without prior instruction from your primary care physician (your dosage may need to be adjusted).

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.

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