

Bowel Preparation with OsmoPrep

The purpose of this instruction sheet is to help you proceed through preparation of the colon for surgery. This preparation will greatly improve the chances of avoiding a colostomy (stool bag) and infection. This preparation should be performed **on the day before your surgery**.

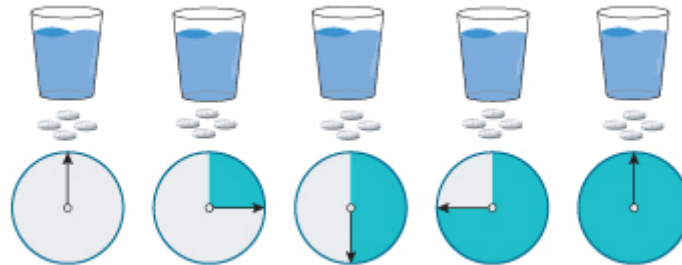
You may only have “clear liquids” the day prior to surgery, which include any transparent drinkable liquid. It excludes all solids (even noodles in soup) and milk products. *If you can see light through it, you may ingest it.*

What can I eat and drink while on a clear liquid diet?

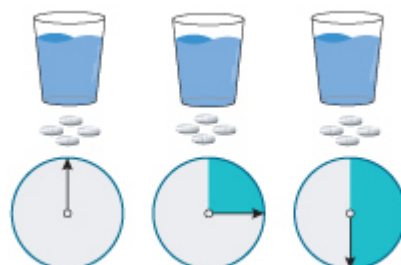
- Cranberry, grape and apple juices, strained citrus juices or fruit punch
- Clear snack drinks like HiC, Koolaid, and most juice boxes
- Mild tea, without cream or milk
- Mineral, bubbly, or plain water
- Clear soft drinks like ginger ale, lemon-lime soda, or club soda with most carbonation (fizz) gone (No cola or root beer)
- Clear sports drinks
- Bullion or clear broth (skimmed of fat)
- Plain popsicles (Avoid popsicles with pureed fruit or fiber in them)
- Hard candy
- Flavored gelatin, such as Jell-O® without fruit

Start the OsmoPrep the day prior to surgery:

- At 9:00 am, begin taking 4 tablets with 8 oz. of any clear liquid (Gatorade is preferable) every 15 minutes, for one (1) hour (9:00, 9:15, 9:30, 9:45, 10:00) for a total of 20 tablets.



- At 6 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 (18:00, 18:15, 18:30) for a total of 12 tablets.



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.

Take the medications prescribed as directed on the bottle. These include neomycin (1 gram) and erythromycin (1 gram) orally at 1pm, 2pm and 8pm on the day prior to surgery.

You should have nothing to eat or drink after midnight prior to surgery.

If you have any problems, side effects or questions with this preparation, please call the office at 703.717.4250.