

David H.Y. Lin, M.D.  
905 San Ramon Valley Blvd. Ste 206  
Danville, CA 94526

Telephone: (925) 831-9200

Fax: (925) 831-9317

## COLONOSCOPY PREP

You are scheduled for a Colonoscopy on \_\_\_\_\_ at \_\_\_\_\_

Check in no later than \_\_\_\_\_

Please report to: **LASER SURGERY CENTER**

**PLEASE ARRANGE FOR A FAMILY MEMBER OR FRIEND TO DRIVE YOU HOME AFTER THE PROCEDURE. NO TAXI, UBER OR LYFT IS ALLOWED.** You will be sedated during the procedure and will not be allowed to drive afterwards. The procedure takes approximately 1 hour. You should allow for 1 hour recovery time. **Due to the sedation, you should not drive until the following day.**

**YOU ARE COMPLETING THE OSMO PREP FOR YOUR PROCEDURE. PLEASE SEE THE ATTACHED SHEET FOR DOSING INSTRUCTIONS.**

The day before the procedure: you may have **ONLY CLEAR LIQUIDS** for lunch and dinner. **CLEAR LIQUIDS** consist of water, fruit juice without pulp (apple, white grape), beef broth, chicken broth (non fatty, or cloudy in appearance), Yellow colored Jell-O only, clear sodas, coffee, tea (no cream, sugar is ok). Any of the following that are **NOT COLORED RED OR PURPLE**: Gatorade, Propel, Kool-Aid (or other fruit flavored drinks), iced popsicles. **ABSOLUTELY NO ALCOHOL**. Follow your prep instructions with as much clear liquids that can be tolerated. **THE MORE WATER YOU DRINK, THE CLEANER YOUR COLON WILL BE. BEFORE RETIRING, DRINK AT LEAST 5 MORE (8 OUNCE) GLASSES OF WATER.**

**THE PREP IS CONSIDERED ADEQUATE ONLY IF THE OUTPUT IS CLEAR AS DILUTE URINE OR TAP WATER.** You may have clear liquids only on the day of the exam up to **2 hours** prior to your check-in time.

Take your regular medication on the day of the procedure. However, do not take iron supplements for at least 5 days prior to the procedure **UNLESS OTHERWISE INSTRUCTED**. On the day before your procedure and on the day of your procedure, do not take Levsinex, Librax, Bentyl or NuLev. Please notify the office if you are taking Coumadin or blood thinners. **If Dr. Lin has already given you instructions, please follow his directions.**

We will bill your insurance for Dr. Lin's fee for the procedure. The hospital or surgical center will bill you separately for the facility and pathology services, if biopsies are taken.

**IT IS YOUR RESPONSIBILITY TO VERIFY YOUR INSURANCE COVERAGE AND BENEFITS. OUR OFFICE WILL OBTAIN AUTHORIZATION FOR THE PROCEDURE IF NEEDED.**

Doctor Lin has a financial interest in Laser Surgery Center and San Ramon Endoscopy Center. If such an interest is of concern to you, please feel free to discuss this with Dr. Lin or the office staff.

**If you have any questions or need to reschedule your procedure, please call our office at (925) 831-9200. To avoid a late cancellation fee of \$100, please notify our office 48 hours prior to you procedure to cancel or reschedule. Thank you.**

OFFICE INFORMATION:

David H.Y. Lin, MD  
905 San Ramon Valley Blvd  
Ste. 206  
Danville, CA 94526

PROCEDURE DATE:

ARRIVAL TIME:

LOCATION:

Laser Surgery Center

## Preparing for Your Colonoscopy With OsmoPrep<sup>®</sup>

OsmoPrep is a medication used to clean your colon before colonoscopy. Colonoscopy is the #1 prevention tool for colorectal cancer.<sup>1</sup> The success of your colonoscopy depends on how you prepare for the procedure. Be sure to take the following steps:

1

Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure.

2

Take the entire OsmoPrep bowel prep regimen as described on the following page.

- It is important to take *all* of the medication and liquids so that your doctor will be able to see your entire colon clearly
- Be sure to stay hydrated. Drink extra clear liquids before and after your colonoscopy


3

Make arrangements to have someone drive you home after the procedure.

- Colonoscopy involves sedation, and you will not be allowed to leave unaccompanied

OsmoPrep is available at most retail pharmacy outlets. If your pharmacy does not have OsmoPrep in stock, it can be ordered and delivered within 24 hours.

Please see [www.TabletPrep.com](http://www.TabletPrep.com) for additional information including a medication guide for OsmoPrep.

  
(sodium phosphate monobasic monohydrate, USP  
and sodium phosphate dibasic anhydrous, USP) Tablets  
*The Tablet Prep*

### IMPORTANT SAFETY INFORMATION

There have been rare, but serious reports of acute phosphate nephropathy in patients who received oral sodium phosphate products for colon cleansing prior to colonoscopy. Some cases have resulted in permanent impairment of renal function and some patients required long-term dialysis. While some cases have occurred in patients without identifiable risk factors, patients at increased risk of acute phosphate nephropathy may include those with increased age, hypovolemia, increased bowel transit time (such as bowel obstruction), active colitis, or baseline kidney disease, and those using medicines that affect renal perfusion or function (such as diuretics, angiotensin converting enzyme [ACE] inhibitors, angiotensin receptor blockers [ARBs], and possibly nonsteroidal anti-inflammatory drugs [NSAIDs]).

It is important to use the dose and dosing regimen as recommended (PM/AM split dose).

Please see full Prescribing Information for OsmoPrep, including **BOXED WARNINGS**.

OsmoPrep<sup>®</sup> (sodium phosphate monobasic monohydrate, USP, and sodium phosphate dibasic anhydrous, USP) Tablets are indicated for cleansing of the colon as a preparation for colonoscopy in adults 18 years of age or older.

Considerable caution should be advised before OsmoPrep is used in patients with severe renal insufficiency, congestive heart failure, ascites, unstable angina, gastric retention, ileus, severe chronic constipation, bowel perforation, toxic megacolon, gastric bypass or stapling surgery, or hypomotility syndrome. Use with caution in patients with impaired renal function, patients with a history of seizures or at higher risk of seizure, patients with higher risk of cardiac arrhythmias, known or suspected electrolyte disturbances (such as dehydration), or people taking drugs that affect electrolyte levels. Patients with electrolyte abnormalities such as hypernatremia, hyperphosphatemia, hypokalemia, or hypocalcemia should have their electrolytes corrected before treatment with OsmoPrep.

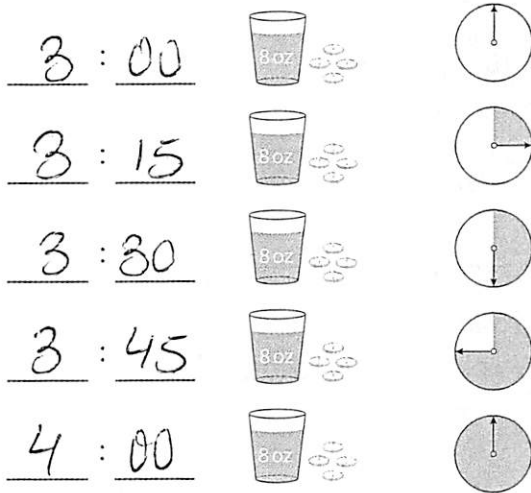
OsmoPrep is contraindicated in patients with a known allergy or hypersensitivity to sodium phosphate salts or any of its ingredients, and in patients with biopsy-proven acute phosphate nephropathy. In clinical trials, the most commonly reported adverse reactions (reporting frequency >3%) were abdominal bloating, nausea, abdominal pain, and vomiting. It is recommended that patients receiving OsmoPrep be advised to adequately hydrate before, during, and after the use of OsmoPrep.

# OsmoPrep® Dosing Instructions

OsmoPrep dosing consists of 2 series of tablets taken with a clear liquid of your choice.

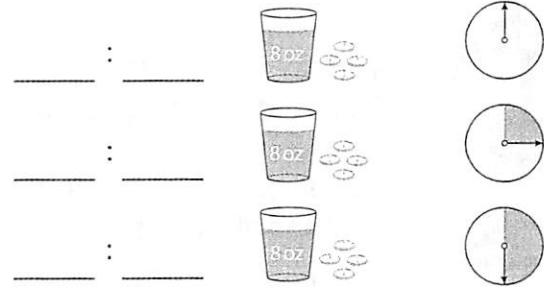
Beginning at 3PM day before  
First Dosing Series

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



Beginning at \_\_\_\_\_  
Second Dosing Series

One dose (swallow 4 tablets with 8 oz of any clear liquid)  
every 15 minutes for a total of 3 doses (12 tablets)



Examples of clear liquids are water, ginger ale, apple juice, sports drink, and lemonade (no pulp). Do not drink any liquids colored red or purple. If you are not sure, ask your doctor if a particular drink is acceptable.

You must complete the *entire* OsmoPrep regimen to help ensure the most effective cleansing. This will be 32 tablets. If you do not complete the regimen, your doctor may not be able to see your colon clearly.

## Importance of Hydration

A colonoscopy prep will cause the body to lose a lot of fluid. This can result in illness due to the loss of too much body fluid (dehydration). It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking clear liquids during the prep as directed. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

Please see front side for Important Safety Information.  
Call your doctor for medical advice if you experience side effects.

If you have any questions, please call our office at \_\_\_\_\_

Reference: 1. Rex DK, Johnson DA, Anderson JC, Schoenfeld PS, Burke CA, Inadomi JM. American College of Gastroenterology guidelines for colorectal screening 2008. *Am J Gastroenterol.* 2009;104:739-750.



Web site: [www.salix.com](http://www.salix.com) 1700 Perimeter Park Drive, Morrisville, NC 27560 Tel • 866.669.SLXP (7597)  
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