

Bay Area Colon & Rectal Surgeons
Drs. Samuel C. Oommen, Ran S. Kim & Brian J. McGuinness
365 Lennon Lane, Suite 290
Walnut Creek, Ca. 94568
(925) 274-9000

Four-Day Bowel Preparation

Instructions:

Day 1 _____. Please take only full liquids and nothing else.

Day 2 _____. Please take only full liquids and nothing else.

Day 3 _____. You can take clear liquids all day.

Day 4 _____. You can take clear liquids all day.

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Full Liquids:

**Cream Soups (mushrooms, etc.)
Tomato Juice
Pudding
2 cans of Ensure each day/
Glucerna for Diabetics**

**Milkshakes
Ice Cream
Milk
Water**

Clear Liquids:

**Fruit Juices (reds must be see through)
Clear Soups
Clear Broth
Jell-o (not red or purple)
2 cans of Ensure each day/
Glucerna for Diabetics**

**Soft Drinks
Black Coffee or Tea
Popsicles (not red or purple)
Water**

Note: Eight (8) hours of fasting is required prior to reporting to admissions on the date of Surgery. Please inform us of any new medications or allergies.

Please call the **Surgery Scheduler at 925.274.9000** if you have any questions or concerns.