

COLONOSCOPY PREP WITH OSMOPREP

*****CLEAR LIQUID DIET*****

THE DAY BEFORE YOUR PROCEDURE YOU WILL BE ON A CLEAR LIQUID DIET ALL DAY. THIS INCLUDES APPLE JUICE, GATORADE, CHICKEN BROTH, JELL-O, POPSICLES, AND VANILLA ICE CREAM, NOTHING RED, BLUE OR PURPLE. COFFEE AND TEA ARE CONSIDERED A CLEAR LIQUID SO THEY ARE OK.

***YOUR OSMOPREP HAS BEEN CALLED INTO THE PHARMACY OF YOUR CHOICE PLEASE MAKE SURE YOU PICK IT UP AT YOUR CONVENIENCE WITH ENOUGH TIME TO START AT 5PM.

***THE INSTRUCTIONS ARE ATTACHED ON THE SECOND PAGE. PLEASE CALL US IF YOU HAVE ANY QUESTIONS REGARDING YOUR PREP. MAKE SURE YOU HAVE PLENTY OF CLEAR LIQUIDS THROUGHOUT THE DAY. AND YOU CAN NOT HAVE ANYTHING MORE AFTER 12 MIDNIGHT. AGAIN, CALL THE OFFICE IF YOU HAVE ANY QUESTIONS (904) 388-8686.

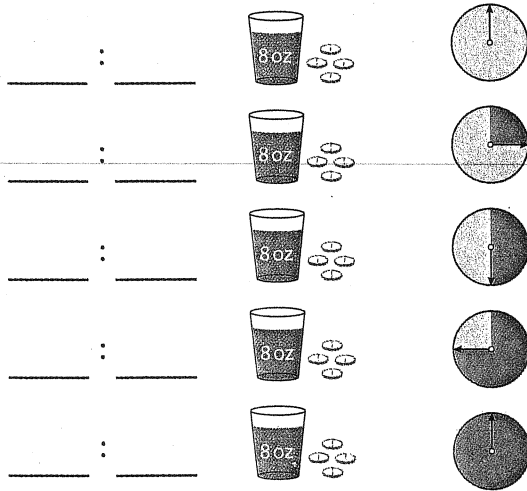
OsmoPrep® Dosing Instructions

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

Beginning at 5pm

First Dosing Series

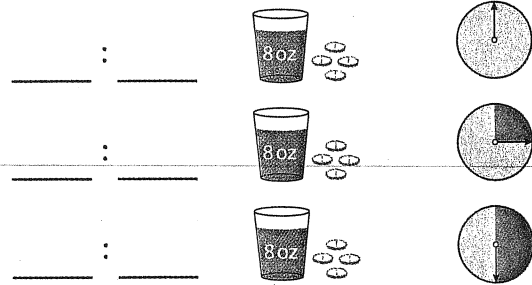
One dose (swallow 4 tablets with 8 oz of any clear liquid) **every 15 minutes** for a total of 5 doses (20 tablets)



Beginning at 8pm

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.



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