

## Pre-Procedure Patient Instructions

# OsmoPrep® (Pill)

Before your colonoscopy, the colon needs to be completely emptied. You must complete the entire prep to ensure the most effective cleansing. When waste is left in the colon, the physician cannot see the colon properly. This could lead to a longer and potentially inaccurate exam, which may necessitate a second exam later.

To clean out your colon, you will need to complete a bowel prep prior to the procedure. The prep's job is to quickly eliminate solid waste from the digestive tract – another way of saying it causes diarrhea – leaving a clean colon that your physician can examine.

*Different bowel preps clean out the colon using different methods, so discuss your options with your physician.*

**OsmoPrep® is a regimen of easy-to-swallow, virtually tasteless sodium phosphate tablets taken prior to colonoscopy.**

- is a tolerable regimen with a low incidence of gastrointestinal adverse side effects<sup>1</sup>
- Provides exceptional colon cleansing<sup>2</sup>
- dosing regimen helps to ensure adequate hydration<sup>2</sup>
- is preferred by patients — 95% of patients who took OsmoPrep® would take it again for a future colonoscopy<sup>1</sup>

### Importance of Hydration

Colon cleansing can cause dehydration, as it causes the body to lose fluids quickly. Those fluids need to be replaced with clear liquids. Staying hydrated before, during and after your bowel prep is essential. Clear liquids include water, ginger ale, apple juice, Gatorade®, lemonade and broth. No red or purple liquids. **Ask your doctor if you have any questions about whether a particular drink is acceptable or click here to download our [Clear Liquid Diet pdf](#).**

### OsmoPrep® Dosing

Your physician will give you specific instructions for completing the OsmoPrep® regimen consisting of a series of 5 doses of 4 tablets, followed by a series of 3 doses of 4 tablets. The tablets are taken with a total of 64 oz of the clear liquid of your choice ([click here for complete list](#)).

**1** *First Regimen* – Take at 5:00 p.m. the evening before.  
One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets, 40 oz).

**2** *Second Regimen* – Begin 5 hours before your procedure.  
One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 3 doses (12 tablets, 24 oz).

To download a complete OsmoPrep® brochure from the pill's manufacturer, click or go to <http://www.tabletprep.com/docs/osmoprep-colonoscopy-prep-brochure.pdf>

<sup>1</sup> Data on file. Salix Pharmaceuticals, Inc.

<sup>2</sup> OsmoPrep® [prescribing information]. Morrisville, NC: Salix Pharmaceuticals, Inc; 2009.