

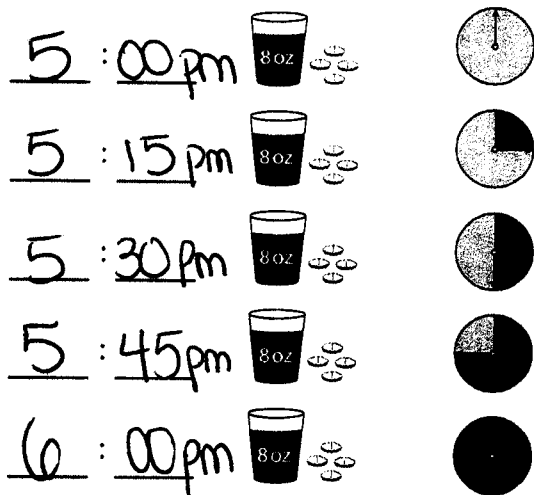
# OsmoPrep® Dosing Instructions

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

Beginning at 5:00 pm

## First Dosing Series

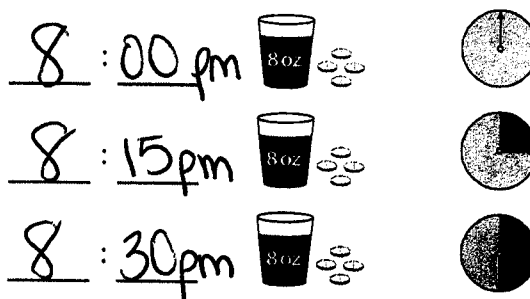
One dose (swallow 4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets)



Beginning at 8:00 pm

## 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, including BOXED WARNING.**

You are encouraged to report negative side effects to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

For product information, adverse event reports, and product complaint reports please call:

Salix Product Information Center

Phone: 1-800-508-0024

Fax: 1-510-595-8183

E-mail: [salix@medcomsol.com](mailto:salix@medcomsol.com)

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

Reference: 1. Rex DK, Johnson DA, Anderson JC, Schoenfeld PS, Burke CA, Inadorn JM. American College of Gastroenterology guidelines for colorectal screening 2008. *Am J Gastroenterol*. 2009;104:738-750.



Web site: [www.salix.com](http://www.salix.com) 8510 Colonnade Center Drive, Raleigh, NC 27615 Tel • 866.869.SLXP (7597)  
©2012 Salix Pharmaceuticals, Inc. All rights reserved. Printed in USA. OSM 12/02



(sodium phosphate monobasic monohydrate, USP  
and sodium phosphate dibasic anhydrous, USP) Tablets

The Tablet Prep®

# CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

Food Group	Foods Allowed	Foods to Avoid
Milk & beverages <i>No red or purple liquids!</i>	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Clear broth, consomme	All others
Desserts	Clear flavored gelatin, popsicles ( <i>no red or purple flavors</i> )	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others
<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
4 oz. White grape juice	4 oz. Apple juice	4 oz. Lemonade
6 oz. Clear broth	6 oz. Clear broth	6 oz. Clear broth
Jell-O®*	Jell-O®*	Jell-O®*
Tea	Tea	Tea

\* Plain only, no fruit or toppings

Jell-O is a registered trademark of Kratt General Foods, Inc.

**Michael C. Cantor, MD**  
**Gastroenterology - Internal Medicine**  
 310 E 72nd St  
 New York, NY 10021  
 Tel: (212) 472 3333

Provided as a service by  
 AstraZeneca

