

## OFFICE INFORMATION

Procedure date:

Arrival time:

Location:

# Bowel Preparation for Colonoscopy with OsmoPrep



Colonoscopy is a routine, relatively safe, and pain-free procedure used to examine the colon. There are steps that you, the patient, must take before the procedure to ensure the highest level of safety and effectiveness.

- 1 Make arrangements to have someone drive you home after the procedure.**
  - Colonoscopy involves sedation, and you will not be allowed to leave unaccompanied.
- 2 Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure.**
- 3 Finish the entire bowel prep regimen as described on the following page.**

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.

 **OsmoPrep**<sup>™</sup>  
(sodium phosphate monobasic monohydrate, USP  
and sodium phosphate dibasic anhydrous, USP) **Tablets**  
**The Tablet Prep** 

Rx only

[www.TabletPrep.com](http://www.TabletPrep.com)

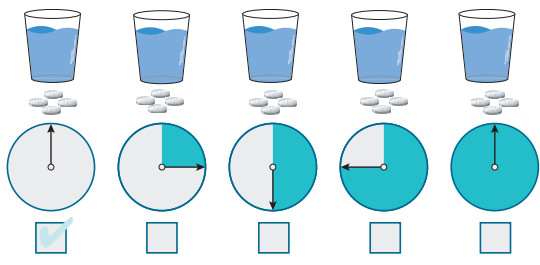
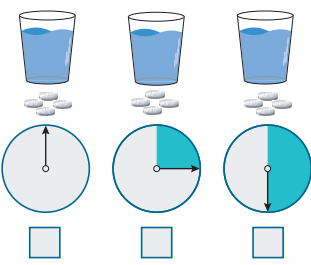
### SAFETY CONSIDERATIONS

OsmoPrep 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 Tablets are used in patients with severe renal insufficiency, congestive heart failure, ascites, unstable angina, gastric retention, ileus, acute obstruction or pseudo-obstruction of the bowel, severe chronic constipation, bowel perforation, acute colitis, toxic megacolon, gastric bypass or stapling surgery, or hypomotility syndrome. Use with caution in patients with impaired renal function, patients with a history of acute phosphate nephropathy, 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 Tablets. OsmoPrep is contraindicated in patients with a known allergy or hypersensitivity to sodium phosphate salts or any of its ingredients. In clinical trials, the most commonly reported adverse reactions (reporting frequency >3%) were transient and self-limited abdominal bloating, nausea, abdominal pain, and vomiting. It is recommended that patients receiving OsmoPrep Tablets be advised to adequately hydrate before, during, and after the use of OsmoPrep.

Please see accompanying full Prescribing Information for OsmoPrep.

# OsmoPrep Dosing

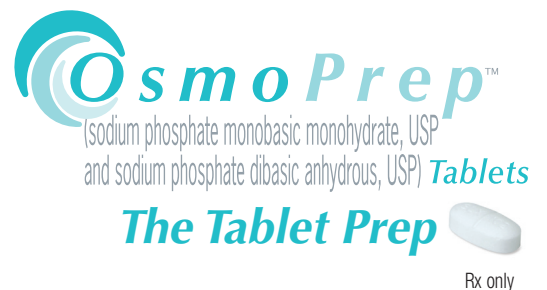
OsmoPrep dosing for bowel preparation is a series of 2 regimens of tablets taken with a clear liquid of your choice.

<p>Beginning at _____</p> <p><b>First Regimen</b> One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets)</p>  <p>_____</p>	<p>Beginning at _____</p> <p><b>Second Regimen</b> One dose every 15 minutes for a total of 3 doses (12 tablets)</p>  <p>_____</p>
<div style="border: 1px solid #00A0C0; padding: 5px; margin: 10px auto; width: 80%;"> <p>Clear liquids include water, ginger ale, apple juice, Gatorade<sup>®</sup>*, lemonade, and broth. No red or purple liquids. Ask your doctor if you have any questions about whether a particular drink is acceptable.</p> </div> <p><b>You must complete the entire prep to ensure the most effective cleansing.</b></p>	

Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. **Make a conscious effort to drink as much as you can before, during, and after the preparation.**

Notes:

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



## **OsmoPrep Colonoscopy Preparation**

### **Purchase at the pharmacy:**

Fill the prescription for your bowel prep kit at any pharmacy contracted with your insurance company. Also purchase over-the-counter 5mg Bisacodyl laxative tablets.

### **One week prior to your procedure:**

Please inform the office if you have a prosthetic heart valve or require antibiotic coverage, and if you are/were unable to received pre-procedure antibiotics from your primary care physician. Do not take iron pills or medications that thin your blood (i.e., coumadin, aspirin, ibuprofen naproxen, etc.) one week prior to your exam.

### **Five days prior to your procedure:**

Please begin a restricted fiber diet which will result in less waste matter being discharged from the intestines, and smaller feces, thereby making the gastrointestinal tract easier to clean. Do not eat nuts, seeds, popcorn, corn, broccoli, cabbage, salads and onion. Discontinue high fiber foods, and fiber supplements like Metamucil and Konsyl.

### **The day before the procedure:**

Drink only clear liquids for breakfast, lunch, and dinner. Solid foods, milk or milk products are not allowed. As a general rule, if you can see your fingers through a glass of liquid, that liquid is OK to drink. Red-colored liquids are not OK to drink because they can look like blood during the examination of your colon.

Clear liquids include:

- Water
- Gatorade
- Ice Popsicle
- Clear broth or bouillon
- Kool-aid or other fruit flavored drinks
- Carbonated and noncarbonated soft drinks
- Plain Jell-O (without added fruits or toppings)
- Coffee or tea (without milk or non-dairy creamer)
- Stained fruit juices without pulp (apple, white grape, lemonade)

**Eight hours before bedtime:**

Take two 5mg Bisacodyl tablets. No prescription is necessary for these tablets. Wait for a bowel movement (or a maximum of six hours) and then begin your first regimen of OsmoPrep.

**Two to Three hours before the bedtime:**

Begin taking your "First Regimen" of OsmoPrep as instructed: One dose (4 tablets with 8 oz of any clear liquid) every 15 minutes for a total of 5 doses (20 tablets).

TIP: For most patients, rapidly drinking a glassful is better than sipping an ounce or two at a time. Clear liquids are gulped faster and easier if they are ice cold, have little or no calories, and if they are sipped through a straw. Consider yourself a connoisseur and try pre-chilling your glass before using.

Initially, you may feel slightly bloated, but will become more comfortable as you continue to have bowel movements. It will take approximately 1 hour 15 minutes to finish the solution. Diarrhea will continue for about 1 hour after you finish drinking the regimen.

You may resume clear liquids up until one hour before starting your second regimen of OsmoPrep.

**Four hours before your procedure:**

Begin taking your "Second Regimen" of OsmoPrep as instructed: One dose every 15 minutes for a total of 3 doses (12 tablets). No more liquids (or food) allowed until after your colonoscopy procedure.

**The day of the procedure:**

1. Do not eat anything after your second regimen of OsmoPrep until after your examination.
2. You must be accompanied by a friend or relative to drive and/or assist you home.