

PREPARING FOR YOUR **COLONOSCOPY**



 **OsmoPrep**[®]
(sodium phosphate monobasic monohydrate, USP
and sodium phosphate dibasic anhydrous, USP) **Tablets**

The Tablet Prep

www.TabletPrep.com



Rx only



COLONOSCOPY

THE COLON

The [colon](#), also called the large intestine or bowel, is the final 6-foot-long segment of the digestive tract where waste is formed into solid stool. The job of the colon is to complete the digestive process and prepare waste for elimination from the body.

After you swallow food, it travels from the mouth through the esophagus to the stomach. Once broken down, the food moves from the stomach to the small intestine. The small intestine takes the nutrients from food, and the remaining indigestible portion moves into the colon. The colon stores this waste until the next bowel movement removes it from the body.

The colon is difficult to examine because of its shape and location in the body. But, when the colon needs to be examined, the best way for a doctor to do so is by colonoscopy.

WHAT IS A COLONOSCOPY?

A [colonoscopy](#) is a routine procedure doctors use to examine the colon. This procedure is the best way for a doctor to be able to view the entire colon and diagnose any problems.

The procedure involves the use of a [colonoscope](#), a long, thin, flexible instrument connected to a camera and video display monitor. Colonoscopies generally take from 15 minutes to an hour to complete and are relatively safe and pain free. If the physician notices anything of concern during your colonoscopy, a [biopsy](#) (removing a small amount of tissue to examine) may be performed.

There are several reasons your doctor may recommend a colonoscopy, such as blood in the stool, frequent abdominal pain, or a change in bowel habits. In addition to diagnosing gastrointestinal problems, colonoscopies are also used to screen for [colorectal cancer](#).

COLORECTAL CANCER

Colorectal cancer—cancer of the colon or rectum—is the third most frequently diagnosed cancer in the US (excluding skin cancer), but it is unique in that it is preventable with early detection. It is usually slow growing, and the first sign of potential colorectal cancer is often a precancerous polyp or lesion. Since polyps in the colon can develop into cancer, early detection and removal is essential.

Colonoscopy is the key to early detection and prevention. People without elevated risk factors should have their first colonoscopy at the age of 50 and subsequent colonoscopies every 10 years after that. Anyone with identified risk factors, such as a family history of colorectal cancer, should be screened earlier and more frequently. To assess your risk, speak to your physician.

EARLY DETECTION

Regular screenings and early detection are the most effective ways to fight colorectal cancer. Identifying and removing precancerous polyps and lesions can stop colon cancer before it starts. Even if cancer has developed, the 5-year survival rate when it is treated while still confined to the colon is over 90%.¹

If you care about someone aged 50 or older, please pass on the importance of colon cancer screening. Ask that person to talk to a physician about scheduling a colonoscopy. It could save a life.



PREPARATION

BE PREPARED

Before your colonoscopy, the colon needs to be completely emptied. 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.

You have bowel prep choices. Different bowel preps flush out the colon using different methods, so discuss your options with your physician.

- **PEG (polyethylene glycol) lavage:** 2 to 4 liters of nonabsorbable liquids that work by a “plunger effect” to push out waste matter. Certain PEG lavage regimens require use of laxatives and liquids in addition to the non-absorbable solution
- **Sodium phosphate solution:** 2 to 3 glasses of salt solution plus additional liquids. The solution works by drawing water into the colon and flushing out waste matter
- **Sodium phosphate tablets:** series of tablets, taken with any clear liquid, that draws water into the colon and flushes out waste matter

A physician's instructions will vary depending on the type of prep prescribed, the time of the colonoscopy procedure, and specific patient characteristics. Also, most preps involve dietary restrictions a day or two before the colonoscopy.

Make sure you completely understand your physician's instructions for the bowel prep—it is an essential part of a successful examination.





RELIABLE TOLERABLE TABLETS

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 effects²
- Provides exceptional colon cleansing³
- Helps to ensure adequate hydration³
- Has an excellent safety profile²
- Is preferred by patients—95% of patients who took OsmoPrep would take it again for a future colonoscopy²
- See Important Information about OsmoPrep on the next page

THE IMPORTANCE OF HYDRATION

Colon cleansing can cause dehydration, as it causes the body to lose fluids quickly. Those fluids need to be replaced. Staying hydrated before, during, and after your bowel prep is essential. Be sure to ask your doctor or nurse how to ensure appropriate hydration during your procedure.

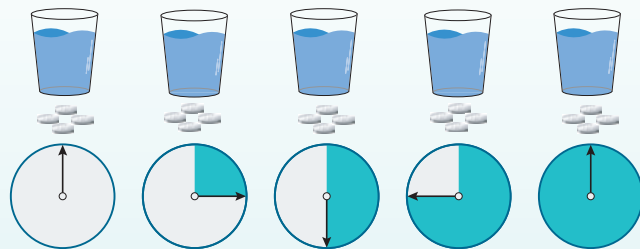
OSMOPREP DOSING

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, such as

- Water
- Apple juice
- Ginger ale
- Sports drink
- Lemonade

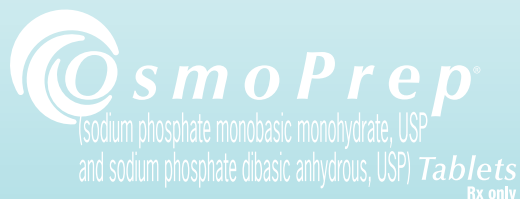
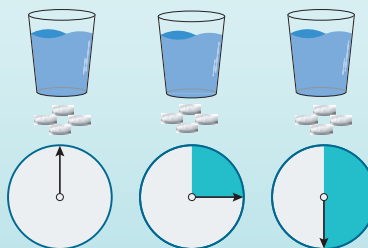
FIRST REGIMEN

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



SECOND REGIMEN

One dose every 15 minutes for a total of 3 doses (12 tablets)



IMPORTANT INFORMATION ABOUT OSMOPREP

OsmoPrep is a reliable, tolerable prep, but as with all bowel preps, it may not be right for you. Discuss OsmoPrep with your physician to determine whether it is an appropriate option for you.

OsmoPrep Tablets are indicated for adults 18 years of age or older who need to cleanse the colon before having a colonoscopy.

People 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 should exercise considerable caution before using OsmoPrep.


If you have a history of impaired renal function, acute phosphate nephropathy, seizures or are at a higher risk of seizure, are at a higher risk of cardiac arrhythmias, have known or suspected electrolyte disturbances (such as dehydration), or take drugs that affect electrolyte levels, discuss these conditions with your physician before taking OsmoPrep. If you have electrolyte abnormalities such as hypernatremia, hyperphosphatemia, hypokalemia, or hypocalcemia, speak to your physician about having your electrolytes corrected before treatment with OsmoPrep.

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 adequately hydrate before, during, and after the use of OsmoPrep.

Please see accompanying full Prescribing Information for OsmoPrep.

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QUICK TIPS CHECKLIST

- Talk to your doctor; discuss different bowel prep options, and choose the one that is most likely to provide you with a safe, effective, and tolerable prep.
- Complete the prep; a clean colon results in the most effective colonoscopy, and your prep is more likely to be thorough if you complete the entire regimen.
- Follow your physician's instructions; your physician will provide you with detailed instructions to prepare you for your colonoscopy—follow them exactly.
- Stay hydrated; drink at least the amount of fluid required by the prep—hydration before, during, and after the prep and colonoscopy is very important.
- Plan for a friend or family member to drive you home; because of the sedatives used during colonoscopy, you will not be allowed to provide your own transportation.
- Detach and pass on the provided referral cards to alert those you love that colon cancer is preventable when the early warning signs are detected and treated. The most effective way to detect colon cancer is with a colonoscopy.

DEFINITIONS

Biopsy: small amount of tissue removed during colonoscopy for further examination.

Bowel prep: regimen prescribed by a physician to clean out the colon.

Colon: final 6-foot-long segment of the digestive tract that removes solid waste from the body; also known as the large intestine or bowel.

Colonoscope: long, thin, flexible instrument used during colonoscopy that is connected to a camera and video display monitor.

Colonoscopy: procedure to examine the colon.

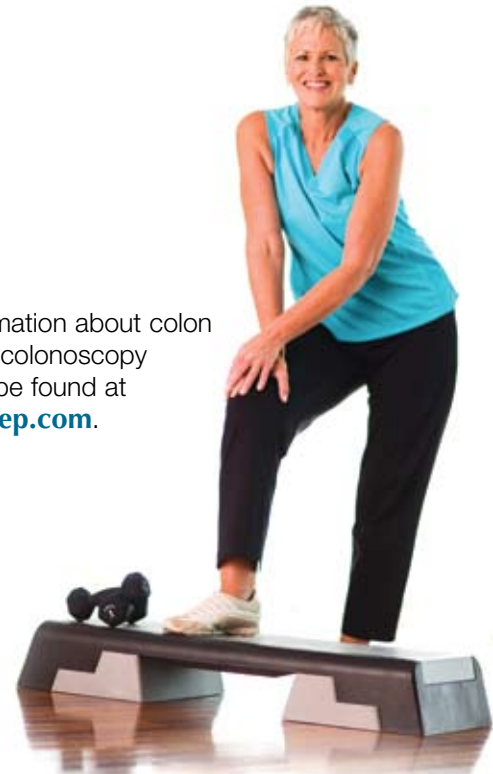
Colorectal cancer: cancer that starts in the colon or rectum.

Hydration: drinking liquid to restore or maintain fluid balance; an essential component of a safe, effective bowel prep.

REFERENCES: 1. Disease information page. Colon Cancer Alliance web site. Available at: www.ccalliance.org/about/disease/crcfacts.html. Accessed July 18, 2006. 2. Data on file, Salix Pharmaceuticals, Inc. 3. OsmoPrep Tablets [package insert]. Morrisville, NC: Salix Pharmaceuticals, Inc; 2007.



The healthcare practice below is available to answer questions or schedule a colonoscopy.



Additional information about colon cancer and the colonoscopy procedure can be found at www.TabletPrep.com.

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ADVANCING TREATMENT IN GASTROENTEROLOGY

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Colon Cancer Alliance[®]

THE VOICE OF SURVIVORS

www.ccalliance.org
Toll-free helpline 877-422-2030

Important Information About OsmoPrep

OsmoPrep Tablets are used to clean the colon before colonoscopy in adults aged 18 years or older. Do not take OsmoPrep if you are allergic or hypersensitive to sodium phosphate salts or to any of the ingredients in OsmoPrep. Before considering OsmoPrep, tell your doctor about all of your medical conditions, including any heart conditions such as congestive heart failure, any kidney impairment such as electrolyte disturbances, any abdominal problems such as bowel obstruction or motility issues, and any history of seizures. Also tell your doctor about any medications that you are taking or if you may be pregnant. The most common side effects in studies with OsmoPrep were abdominal bloating, abdominal pain, nausea, and vomiting. Adequate hydration before, during, and after the use of OsmoPrep Tablets is recommended.

Please see important Patient Information for OsmoPrep at www.TabletPrep.com.

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