See page 2 for detailed dosing instructions.

PHOSPHO-SODA EZ-Prep® Bowel Cleansing System

Bowel Preparation Instructions

Read this information at least 2 days before you use Phospho-soda EZ-Prep®. Begin drinking plenty of clear liquids. Do not use Phospho-soda EZ-Prep® until you've read all of these instructions, the enclosed Patient Information Sheet, and the information on the outside of the carton and are sure you understand all of this information.

THE IMPORTANCE OF DRINKING PLENTY OF **CLEAR LIQUIDS** DURING THE BOWEL PREPARATION PROCESS:

- You will lose large amounts of fluids when Phospho-soda EZ-Prep® helps move your bowels. This is NORMAL.
- Drink a lot of water or other clear liquids **(at least 72 fl. oz.)** to help replace the fluids you will lose during bowel movements. Use the mixing cup included in the Phospho-soda EZ-Prep® carton. Six (6) filled cups yield the 72 fl. oz. required. NEVER drink less.
- If you do not drink extra clear liquids, you could get dehydrated and become very sick. **Call your doctor right away if you develop early symptoms of dehydration such as feeling thirsty or dizzy, urinating less often than normal, or vomiting.**
- Drinking plenty of clear liquids helps ensure you will be prepared for your exam.

Important Information:

- Make sure you have talked to your doctor about your health and about the warnings regarding the use of this product as a bowel cleanser. Refer to the carton and the enclosed Patient Information Sheet for specific warnings.
- If you are taking prescription or non-prescription drugs, consult your doctor for additional instructions before using this product.
- Drink plenty of clear liquids before and during the bowel prep process and after your exam to help prevent dehydration.
- Complete each step of the bowel prep as directed or your exam may have to be repeated.

WHAT ARE "CLEAR LIQUIDS"?

- Water
- Oral rehydration drinks
- Soft drinks (orange, ginger ale, cola, Sprite®, 7-Up®, etc.)
- Sports drinks (lemonade and orange flavors only)
- Kool-Aid® (lemonade and orange flavors only)
- Strained fruit juices without pulp (apple, white grape, white cranberry, orange, lemonade, etc.)
- Tea or coffee (NO milk or nondairy creamer)
- Low-salt chicken or beef bouillon/broth
- Hard candies
- Jell-O® (lemon, lime, or orange; NO fruit or toppings)
- Popsicles®, Italian ice (NO ice cream, sherbets, or fruit bars)
- Do NOT drink or eat anything colored red or purple.
- Do NOT drink any alcoholic beverages.

Do NOT drink or eat anything colored red or purple.

It is important to follow the instructions from your doctor for diet and dosing times EXACTLY in order to properly prepare for your exam. If you have any problems following the instructions, call your doctor right away. **Please refer to the carton and the enclosed Patient Information Sheet for additional important information.**

www.fleetez-prep.com
866.255.6960
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Si necesita las indicaciones en español, por favor vaya al nuestro sitio: www.fleetez-prep.com/health/health.html

Fleet Laboratories

Phospho-soda EZ-Prep® Bowel Preparation Timeline

Allow at least 10 to 12 hours between doses.

At least 3 hours before exam

DAY BEFORE EXAM

MORNING
Have a light breakfast from the list below.

- Any items from the "Clear Liquids" list.
- One boiled or poached egg or small portion of skinless chicken/turkey or fish.
- White toast, **NO** butter.
- One 8 oz. can of Ensure®. **DO NOT** use Ensure® Plus.

LUNCH, AFTERNOON, DINNER
Drink *only* clear liquids.
Drink as much as you can before Dose 1 to prevent dehydration.

DOSE 1
Take the evening before your exam at
___:___PM
(fill in the time instructed by your doctor)

AFTER DOSE 1
Drink at least 24 fl. oz. of clear liquids.
Continue to drink as much additional clear liquids as you can between doses.

DAY OF EXAM

DOSE 2
Take the morning of your exam at
___:___AM
(fill in the time instructed by your doctor)

EXAM

POSTEXAM
Drink as much clear liquids as you can after your exam to prevent dehydration.

IMPORTANT INFORMATION: This preparation should begin to work within 30 minutes to 6 hours. Individual response time varies. Remain close to a toilet, as you will have multiple bowel movements. Contact your doctor right away if you do not have a bowel movement within 6 hours after taking either dose, as you could get dehydrated and become very sick.

Doses should be taken at the times prescribed by your doctor.

HOW TO MIX **DOSE 1** Taken the evening before your bowel exam:

IMPORTANT: Make sure you use the larger (1.5 fl. oz./45 mL) of the 2 bottles (blue label) included in Phospho-soda EZ-Prep® for your first dose.

1) Add powder from 1 lemonade flavor packet to the provided mixing cup.
2) Fill the cup with 12 fl. oz. of cold water (to the 12 fl. oz. fill line). Mix well.
3) Add the contents of the **blue**-label Dose 1 bottle (1.5 fl. oz./45 mL) to the cup.
4) Mix well and drink all the contents in the mixing cup.
5) **Immediately drink at least 1 more full mixing cup (12 fl. oz.) of clear liquids.**

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BETWEEN **DOSES**

Drink at least 2 more full mixing cups (12 fl. oz. each) of clear liquids between the 2 doses. Drink as much additional clear liquids as you can up to 3 hours before your procedure, unless otherwise instructed by your doctor.

HOW TO MIX **DOSE 2** Taken at least 10 to 12 hours after the first dose but at least 3 hours before your bowel exam:

1) Add powder from 1 lemonade flavor packet to the provided mixing cup.
2) Fill the cup with 12 fl. oz. of cold water (to the 12 fl. oz. fill line). Mix well.
3) Add the contents of the **orange**-label Dose 2 bottle (1 fl. oz./30 mL) to the cup.
4) Mix well and drink all the contents in the mixing cup.
5) **Immediately drink at least 1 more full mixing cup (12 fl. oz.) of clear liquids. More clear liquids can be consumed up until 3 hours before your bowel exam.**

Drink as much clear liquids as you can before and during the bowel prep process and as much liquid as possible after the exam to help prevent dehydration.

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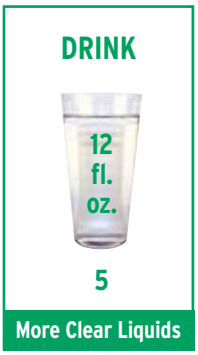

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