

Fleet[®]

PHOSPHO-SODA[®] EZ-Prep[™]

Bowel Preparation Instructions

Read this information at least 2 days before you use Phospho-soda[®] EZ-Prep[™]. Do not use Phospho-soda[®] EZ-Prep[™] until you've read all of these instructions and those on the outside of the carton and are sure you understand them.

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 to help replace the fluids you will lose during bowel movements—at least 72 fl. oz. (6 mixing cups—cup provided inside the carton). 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.
- If you are taking prescription or non-prescription drugs, consult your doctor for additional instructions before using this product.
- Drink plenty of clear liquids.
- Complete all steps or your exam may have to be repeated.

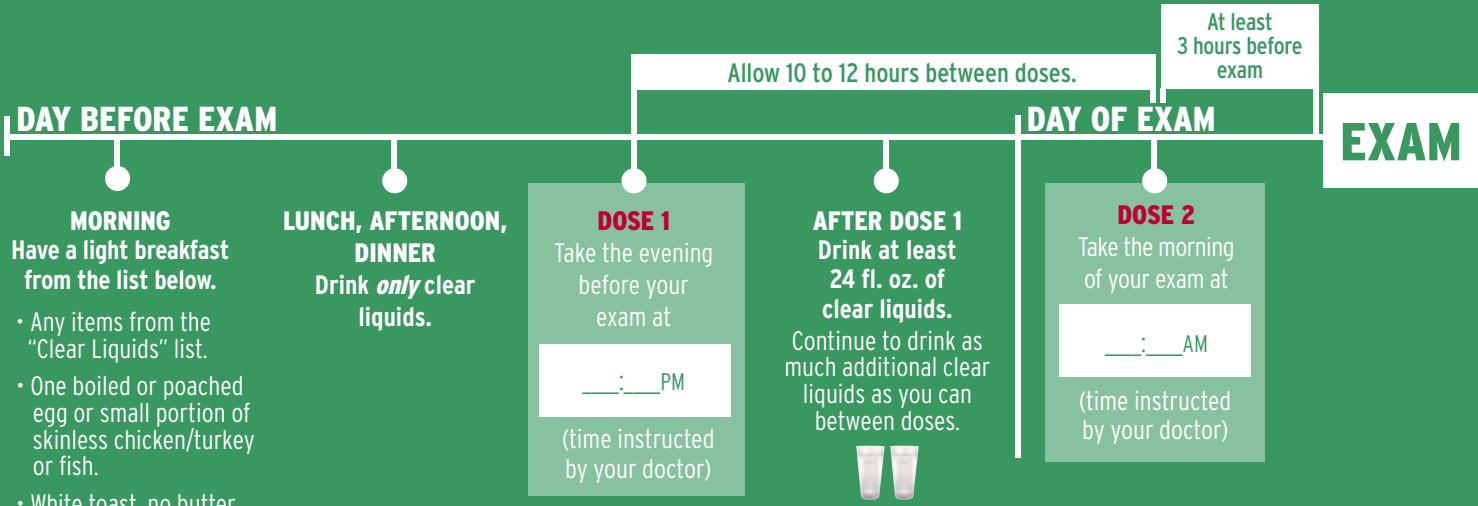
WHAT ARE "CLEAR LIQUIDS"?

- Water
- HydraLife[™] Oral Rehydration Powder
- Soft drinks (orange, ginger ale, cola, Sprite[®], 7-Up[®], etc.)
- Kool-Aid[®] (lemonade, 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.

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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 for additional important information.

Phospho-soda® EZ-Prep™ Bowel Preparation Timeline



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.

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

IMPORTANT: Make sure you use the larger (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 cup with 12 fl. oz. of cold water (to the 12 fl. oz. fill line). Mix well.
- 3) Add the 1.5 fl. oz. (45 mL) bottle (Dose 1, blue label).
- 4) Mix well and drink all the contents in the mixing cup.
- 5) Immediately drink at least 1 more full glass (12 fl. oz.) of clear liquids.



BETWEEN DOSES

Drink at least 2 more full mixing cups (12 fl. oz. each) or glasses of clear liquids. Drink as much additional clear liquids as you can.



HOW TO MIX DOSE 2 Taken at least 3 hours before your bowel exam:

- 1) Add powder from 1 lemonade flavor packet to the provided mixing cup.
- 2) Fill cup with 12 fl. oz. of cold water (to the 12 fl. oz. fill line). Mix well.
- 3) Add the 1.0 fl. oz. (30 mL) bottle (Dose 2, orange label).
- 4) Mix well and drink all the contents in the mixing cup.
- 5) Immediately drink at least 1 more full glass (12 fl. oz.) of clear liquids.

After your exam, drink plenty of liquids to prevent dehydration.

