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## **TWO DAY INSTRUCTIONS FOR COLONOSCOPY PREP WITH FLEET PHOSPHO-SODA (No prescription required)**

READ CAREFULLY - DO NOT EXCEED RECOMMENDED DOSAGE  
AS SERIOUS SIDE EFFECTS MAY OCCUR

### **TWO DAYS BEFORE EXAMINATION**

Please read all instructions TWO (2) Days before your colonoscopy examination.

You will need to obtain two (2) 1 ½ fl. oz. bottles of Fleet Phospho-soda (Ginger-Lemon flavor or Unflavored). You may obtain this at any pharmacy; a prescription is not necessary. Fleet Phospho-soda is also available in two (2) larger size 3 fl. oz. and 8 fl. oz. If larger size purchased, do not exceed the recommended dosage, as serious side effects may occur.

Note: Individual responses to laxatives do vary; this prep may cause multiple bowel movements. Often this prep works within 30 minutes, or it may take as long as 3 hours. Please remain close to bathroom facilities as you will have multiple bowel movements.

If you are taking medication including aspirin or aspirin containing products, Plavix, or blood thinners such as Coumadin, inform your physician for additional instruction before beginning this procedure.

## DAY BEFORE EXAMINATION

- (1) Solid foods are **NOT** allowed (if you have to chew it, you shouldn't have it) . Choose food and beverages only from the following lists:
  - Milk and milk products
  - Custard, ice cream, sherbet, yogurt or fruit bars (without fruit pieces), popsicles, Italian ice
  - All strained fruit and vegetable juices without pulp, except those colored red
  - Coffee, tea or water
  - Gatorade or Allsport (not red) is best in unlimited amounts
  - Plain Jello without added fruits or toppings (not red)
  - Soft drinks (orange, ginger ale, cola, sprite, 7-up, etc.)
  - Kool-aid (lemonade & orange flavors only)
  - Low salt chicken or beef bouillon/broth
  - Hard candies
- (2) **FIRST DOSE of Fleet Phospho-soda** between 5- 6 P.M.
  - Add 1 ½ fl. oz. (3 tablespoons) Fleet Phospho-soda to one half glass (4 fl. oz.) of Gatorade, water or other cool drink.
  - May use Chewing gum right after Fleet Phospho-soda to reduce any residual taste.
  - Follow with one full glass (8 fl. oz.) of approved liquid (Gatorade, Allsport, or water is best).
- (3) Drink at least three (3) more 8 fl. oz. portions of liquids in the next few hours to help replace the fluids you will lose during bowel movements.
- (4) The Outpatient Surgery Department will call you with your procedure time. However, if you are going to be gone the day before your procedure, please call 231-627-1541.

## DAY OF EXAMINATION

- (1) **SECOND DOSE of Fleet Phospho-soda** 3 hours before you come for your Colonoscopy (4 hours before your scheduled procedure).
  - Add 1 ½ fl. oz. Fleet Phospho-soda to one half glass (4 fl. oz.) of Gatorade, water or other cool liquid.
  - Follow with one full glass (8 fl. oz.) of approved liquid (Gatorade, Allsport, or clear liquids). You may be instructed to take your blood pressure medication and/or your heart medication; if so, take it at this time.
  - DO NOT eat or drink anything else before your procedure.
  - Bowel movements should eventually become more clear.
- (2) Arrive for colonoscopy at the time you were instructed by the outpatient surgery department.

## GENERAL INFORMATION

### In case of rectal irritation:

- Soak in a hot tub of water with or without ½ cup of Epsom salts.
- Apply Vaseline, Tucks, Witch Hazel products to the affected area.

The surgery staff will call you the day before your procedure to be sure everything is in order and to inform you what time to arrive at the hospital. If you will not be home, or if you have questions, please call them at 231-627-1541.

ALL patients must make arrangements for a ride home immediately after discharge. Failure to make transportation arrangements could result in cancellation of your procedure. You must make arrangements for a responsible adult to be available at home if you need help for the remainder of the day and/or through the night.

For additional information or to obtain this information on the web, go to:

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

### NOTE:

- Mild nausea, cramping, and abdominal fullness are expected with this preparation.
- Do not take any other medicines within one hour of starting to drink the prep solution.
- If you do not drink extra clear liquids during your bowel prep, you could get dehydrated and become very sick.
- Call your surgeon if you develop excessive thirst, dizziness, urinating less than normal or vomiting.
- Do NOT drink or eat anything colored red or purple.
- If you have any problems following these instructions, call our office.