

## FLEET'S PHOSPHO-SODA COLONOSCOPY PREPARATION

### 1 WEEK PRIOR TO THE PROCEDURE

- **Stop** Aspirin 3 days before. Stop Ticlid, Plavix, Coumadin, Aggrenox for \_\_\_\_ days before.
- **Stop** Pepto-Bismol, iron supplements or fish oil supplements. Multivitamin with iron is OK.
- Do not eat any foods with Olestra, the fat substitute. This includes many fat-free chips.
- Inform your doctor if you have a pacemaker, internal defibrillator, or artificial heart valve.

### 1 DAY PRIOR TO THE PROCEDURE

- Purchase 3 oz. Fleet Phospho-Soda from the drugstore. You do not need a prescription. You will need to get *either* one (1) 3 oz bottle *or* two (2) 1.5 oz bottles.
- Take all of your normal medications except for Ibuprofen (Advil, Motrin), Aleve. Tylenol is OK.
- If you are diabetic, please refer to the separate instructions for adjustments to your medication.
- For the **ENTIRE DAY PRIOR** to procedure day you may have **ONLY CLEAR LIQUIDS** such as:
 

Black coffee or tea (sugar is okay)	Bouillon/broth
Soda (clear or cola is okay)	Apple, grape or cranberry juice
Sports drinks – Gatorade, Pedialyte	Hard candy such as Lifesavers
Popsicles or Jell-O (not red or blue)	Water

**NO alcohol, soy, milk products or cream-based soups.**

#### At about NOON time:



- \* **Mix** 1.5 oz Fleet Phospho-Soda with 4-8 oz of cold water or soda pop and drink.
- \* Follow immediately with 8 oz of water or clear liquids. The prep may start to work within 30 minutes or take as long as 3 hours.
- \* Over the next 3 hours, drink at least 3 more 8 oz glasses of water or other clear liquids.

#### 6 hours later ~ 6 pm:



- \* At **6pm**, mix the remaining 1.5 oz with 4-8 oz of water and drink it. Again follow immediately with 8 oz of water or clear liquids.
- \* The prep can be mildly dehydrating. We encourage you to drink plenty of clear liquids until 2 hours prior to the procedure to prevent dehydration and nausea.
- \* If you have problems with your prep, contact the office at (425) 467-0150.

### ON THE DAY OF THE PROCEDURE

Continue drinking clear liquids until two (2) hours before your procedure. Please do not have anything, even water within that 2 hour period prior to the procedure. However, you can take your regular medications with a sip of water.

### AFTER THE PROCEDURE

Please arrange transportation – you **CANNOT** drive. Because of the sedatives you receive, driving yourself home is not permitted. It is very important that you have someone you trust to receive your discharge instructions. Alcohol and sedatives should be avoided for 24 hours after the procedure. If you have biopsies or polyps removed, you will need to avoid products containing aspirin, and blood thinners for 7 days after the procedure due to the risk of bleeding.