BOWEL PREPARATION INSTRUCTIONS FOR COLONOSCOPY

(Fleet's Phosphosoda Preparation)

To Diminish Risk of Bleeding Please Stop All Aspirin; Motrin; Advil; Plavix; Coumadin; and All Non-prescription Dietary Supplements One (1) Week Prior To Colonoscopy (unless discussed with the physician).

Cleansing the bowel prior to colonoscopy is crucial for a successful procedure. This requires complete “flushing out” of the intestines. Follow these instructions carefully and ask us if you have any questions.

On the day before your operation:
1. Obtain TWO (2) 1.5 OZ. Bottles of liquid Fleet's Phospho-Soda (not Fleet's enema) and FOUR (4) Dulcolax tablets (LAXATIVE not stool softener), 5 mg., at any pharmacy. You do not need a prescription.

2. Eat a clear liquid diet only for breakfast, lunch and supper. This includes clear soups, broth, jello, Kool-Aid, Italian ices, coffee, tea, and water. (NOTHING RED)

3. At 7:00 pm, add 1 bottle of liquid Fleet's Phospho-Soda (1.5 oz) to 1/2 glass (4oz.) of water or clear fruit juice and drink. Drink at least one or two glasses of water or clear fruit juice over the next hour.

4. At 10 pm, take four (4) Dulcolax tablets.

5. Drink at least three (3) glasses of a clear liquid prior to retiring, more if desired.

6. Nothing to eat or drink after midnight except for the 2nd dose of Phospho-Soda.

7. ON THE DAY OF YOUR PROCEDURE, three (3) hours prior to leaving for your exam, add the second bottle of liquid Fleet's Phospho-Soda (1.5 oz) to a 1/2 glass (4oz) of water and drink. You may experience nausea or vomiting as the bowel is emptying. After you finish the prep, nothing further to eat or drink.

8. Report to the endoscopy/surgical facility directed by the office.

***Remember because of the sedation, you must have someone drive you home after procedure. This is a hospital policy.