

PREPARATION INSTRUCTIONS FOR COLONOSCOPY with Fleets Phosphosoda

Appointment date: _____
Appointment time: _____
Location: _____

Do these things 7 DAYS BEFORE the procedure:

- **Arrange a ride:** you will be given medicine that makes you relax and be sleepy, so you cannot drive a car or take a bus home. If you arrive without an escort, your procedure may need to be rescheduled.
- **Stop taking iron, Vitamin E, ginko, ginger, aspirin and garlic**
- **If you are taking Coumadin medicine or if you are diabetic,** call your doctor or nurse for special instructions.



Do these things 3 DAYS BEFORE the procedure:

- **Confirm your ride.**
- **If you need to cancel your appointment, call your doctor or nurse**
- **Review the diet you need to follow for the next 2 days.** Plan your meals according to this diet.



Do these things 2 DAYS BEFORE the procedure:

- **Drink at least 8 glasses of water throughout the day.**
- **Stop taking all anti-inflammatory medicines.** These include: Nuprin, Bufferin, Anacin, Advil, Motrin, Indocin, Voltran, Aleve, Ecotrin, Relafen, Alka Seltzer, Naprosyn, Voltaren (*Tylenol is okay to take*)
- **Stop eating seeds, popcorn, nuts and whole grains**
- **Do not eat any solid food after midnight**

Do these things 1 DAY BEFORE the procedure:

- **Start a strict, clear liquid diet.** *If you put a liquid in a clear glass, and you can see through it, it is probably OK to drink.* A clear liquid diet can include:
 - Apple, white grape, and cranberry juices;
 - Beef or chicken broths that are clear;
 - Tea and coffee without milk;
 - Soda pop, Gatorade, Kool-Aid and various Jell-O flavors (*any color except red*)
- **Avoid:** juices with pulp, milk, cream and solid food.
- **12:00 noon:** Drink 1 ounce of Fleets Phosphosoda mixed with a glass of water. Then, drink clear fruit juice (like apple juice).
- **6:00 pm:** Drink 1 ounce of Fleets Phosphosoda mixed with a glass of water. Then drink clear fruit juice (like apple juice).
- **8:00 pm:** Take the 3 Bisacodyl tablets by mouth, with 3 glasses of water. Please continue drinking lots of clear liquids until you go to bed.

The Fleets Phosphosoda will cause you to have many bowel movements. This is needed so you will have a clean colon for the procedure. If you have problems completing this preparation, call your doctor or nurse.



Do these things ON THE DAY OF the procedure:

- Take your normal medications with a sip of water.
- You may have clear liquids until 3 hours before the procedure.
- Bring your escort/driver with you to your appointment.
- Arrive 30 minutes before your appointment time.

Do you have QUESTIONS or PROBLEMS completing the instructions? Call: _____