

COLONOSCOPY instructions with Fleet Phospho-soda

Your Colonoscopy is scheduled on _____, _____

LOCATION:

- The Endoscopy Center – York Road
- The Endoscopy Center – at Bel Air
- Franklin Square Outpatient
- St. Joseph's DDC
- Good Samaritan DDC

Arrival Time: _____ am/pm Procedure Time: _____ am/pm

PLEASE arrive at your scheduled ARRIVAL TIME or your procedure may be postponed or cancelled.

PURCHASE NOW:

**Two (2) 1-½ ounce bottles of Fleet Phospho-soda
(Ginger-lemon flavor or Unflavored) at any pharmacy.
Do not exceed the recommended dosage given in
instructions, as serious side effects may occur.**

In preparation for your procedure, we ask that you observe the following instructions:

THREE DAYS BEFORE:

Avoid any foods with corn or seeds until after the colonoscopy.
Stop Coumadin if you are on it.

TWO DAYS BEFORE:

It is recommended that you drink at least 8 (8oz.) glasses of fluids during the two days before your procedure.

THE DAY BEFORE:

DRINK ONLY clear liquids for the entire day before the procedure.

***NO SOLID FOODS*NO MILK OR MILK PRODUCTS*NO RED OR PURPLE DYES**

Clear liquids include:

- Water
- Strained fruit juices without pulp (apple, white grape, lemonade)
- Coffee or tea (NO MILK)
- Clear broth or bouillon (No fats)
- Carbonated and non-carbonated soft drinks (7-UP, Sprite, Ginger Ale, Coke, Gatorade) (NO RED OR PURPLE)
- Kool-Aid or fruit flavored drinks (NO RED OR PURPLE)
- Plain Jello (NO RED OR PURPLE & no added fruits or toppings)
- Ice Popsicles (NO RED OR PURPLE)

SEE OTHER SIDE

AT 4:00 P.M. OR 5:00 P.M., Drink 1-½ ounce Fleet Phospho-soda , **BY ITSELF,** (Drink like a shot of alcohol) Follow with one full glass of clear liquids, ice tea, water or lemonade. Drink at least three (3) more full glasses of clear liquids before retiring; more if desired.

TAKE YOUR REGULAR MEDICATIONS.

THE DAY OF THE PROCEDURE

3 HOURS BEFORE YOU LEAVE FOR YOUR APPOINTMENT

Drink 1-½ ounces Fleet Phospho-soda, **BY ITSELF,** .(Like a shot of alcohol). Follow With one full glass of clear liquid.(cool water, ice tea, lemonade).

TAKE HEART, BLOOD PRESSURE AND SEIZURE MEDICATIONS

with water in the morning one hour after taking the Fleet Phospho-soda.

IMPORTANT-Do not exceed recommended dosage of Fleet phospho-soda as serious side effects may occur.

NOTE: Individual responses to laxatives vary. This prep may cause multiple bowel movements. It often works within 30 minutes or it may take as long as 5 hours. Please remain within easy reach of toilet facilities.

- Wear loose clothing.
- You may drink up to 8 oz. of water, 7-Up, Sprite, Ginger Ale or White Grape Juice 3 hours prior to your procedure.
- Do not take diuretics (fluid pills), insulin or other diabetic agents! **Diabetics: bring your diabetic medication with you.**
- You must have someone with you or scheduled to pick you up after the procedure is over. If not, your procedure will be cancelled. This is for your safety!
- You cannot drive a car, operate machinery, drink alcohol, or make any legal decisions for the entire day of your procedure.

REMEMBER:

- **TAKE HEART, BLOOD PRESSURE, SEIZURE MEDICATIONS AND IF YOU USE INHALERS YOU MUST BRING THEM.**
- **FOLLOW DIRECTIONS CAREFULLY.**
- **ARRIVE PROMPTLY AT SCHEDULED ARRIVAL TIME.**
- **SOMEONE MUST DRIVE YOU HOME.**
- **BRING YOUR MEDICATIONS OR A LIST OF MEDICATIONS AND DOSAGES WITH YOU TO RECORD IN YOUR CHART.**

If you encounter any problems with these instructions or have any questions regarding the procedure, please do not hesitate to call. We are always happy to answer any questions for you.

If you are having difficulty with the prep: *Vomiting

*Prep is not clearing the bowel, OR...

If you have questions or need to cancel your appt, please call ASAP.

Your return appointment is on _____ at _____ am/pm at the

- TOWSON Office
- SEVEN SQUARE Office
- BEL AIR Office
- No follow-up appointment is scheduled.
- Schedule follow-up with your physician.