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**Gastroenterology**

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**COLONOSCOPY FLEET PHOSPHO-SODA PREP for exams 9:30am or later**

1. Purchase Fleet Phospho-soda EZ prep kit from any pharmacy.
2. If possible, avoid seed for three days prior to the test. (rye bread, popcorn, sesame seeds, etc.)
3. **The day before the test:**
  - a. Be on a clear liquid diet the entire day. This includes chicken broth, soda, jello, coffee, tea, water, clear juice.(Avoid orange juice with pulp, dairy products, anything RED or PURPLE)
  - b. **At 1pm** take 4 Dulcolax tablets (Bisacodyl)
  - c. **Between 4:00pm and 6:00pm take the first 1 ½ oz of the fleet phospho-soda.** You may also further dilute the solution by taking ½ oz at a time. Follow this with 3 or more glasses of clear liquids. You may mix with the following juices: grapefruit, pineapple, apple, lemon-lime crystal light or water. You may continue to drink liquids for the rest of the evening.
  - d. **IT IS VERY IMPORTANT TO REMAIN WELL HYDRATED-DRINK LOTS OF FLUIDS DURING THE PREP.**
4. **The morning of the exam at 6:00am (or at least 3 hours before your examination time)**  
Take the second 1.0 oz of the fleet phospho-soda. Follow this with 3 glasses of water. **Nothing to eat or drink after this, and no water or any fluids for 3 hours before the exam.**
5. **Other than the prep and medications-Nothing to eat or drink the day of exam. Take all prep and medications at least 3 hours before exam time.**
6. Avoid aspirin products for 7 days prior to your study. Notify your doctor if you are on blood thinners.
7. **You must have a driver to take you home** if you are going to receive sedation. This applies to most colonoscopies. You cannot take a taxi home, unless you have another adult friend or relative with you. (A responsible person must make sure you get safely to your home.)
8. Please clarify your AM medications with your doctor in advance before your prep begins. In general, **take all blood pressure medications, heart medications and inhalers for respiratory problems at least 3 hours before exam time. If you take insulin, check with your doctor for instructions.**
9. **Make sure you check in with Outpatient Registration one hour before your scheduled procedure.**

**Procedure time and date** \_\_\_\_\_

**Check-in** \_\_\_\_\_