

Phospho-Soda Bowel Preparation Instructions for Colonoscopy

FOR THE ENTIRE DAY BEFORE THE EXAM

Clear liquids only, which include the following:

- ❖ Soft drinks (orange soda, gingerale, cola, Sprite, 7-Up, etc.), Gatorade, Kool-Aid
- ❖ Strained fruit juices without pulp (apple, white grape, lemonade, etc.)
- ❖ Water, tea, coffee (no milk or non dairy creamer)
- ❖ Low-sodium chicken or beef bouillon/broth
- ❖ Hard candies
- ❖ Jell-O (lemon, lime or orange, no fruit toppings)
- ❖ Popsicles (no sherbets or fruit toppings)

DO NOT DRINK ANYTHING COLORED RED OR PURPLE

HOW TO TAKE FLEET PHOSPHO-SODA

(Used for exams after 10:30am)

- ❖ Purchase a 3 ounce container of **Fleet Phospho-Soda**

For each of the 2 doses of phospho-soda, mix 1.5 oz (3 measuring tablespoons – **NOT** tableware) of Fleet Phospho-Soda with at least 4 oz of cold, **clear** liquid (ginger ale, apple juice, Sprite, 7- Up helps improve the taste) and drink it. Then follow with at least one glass (8 oz) of clear liquid. You may then drink all the clear liquids you desire. However, you must stop clear liquids 4 hours before your colonoscopy.

If your colonoscopy is scheduled at or before 10:30am:

- ❖ Take your **first dose** of Fleet Phospho-Soda on the **EVENING BEFORE YOUR EXAM** at 7:00pm.
- ❖ Take your **second dose** of Fleet Phospho-Soda on the **MORNING OF YOUR EXAM** at 6:00am (or at least 3 hours before you leave for your exam). If you are having deep sedation administered by an anesthesiologist, the second dose must be taken 6 hours before the time scheduled for your procedure.

Individual response to laxatives varies. These preps often work within 30 minutes, but it may take as long as three hours to begin working. Remain close to a toilet as multiple urgent bowel movements will occur.

Note: The area around your rectum may become sore from all the bowel movements. To minimize this discomfort, use a flushable moist wipe instead of dry toilet paper. Wipes are sold with the toilet paper in supermarkets. You can also apply petroleum jelly to the perianal area between bowel movements.

PLEASE CALL OUR OFFICE AT LEAST 1 WEEK BEFORE YOUR SCHEDULED PROCEDURE IF YOU HAVE ANY QUESTIONS ABOUT THE PREP OR MEDICATIONS.