

## FLEET PHOSPHO-SODA BUFFERED ORAL SALINE LAXATIVE PREP FOR COLONOSCOPY

You will need to buy (2) 1-1/2 fl. oz. of Fleet Phospho-soda and (3) Bisacodyl (Dulcolax) tablets at any pharmacy.

**No Aspirin or Aspirin containing medications 7 days prior to procedure date.**

**Nothing to eat or drink after midnight prior to the test.**

Arrive 2 hours early.

Arrange a ride home from procedure due to the sedation.

### TWO DAYS BEFORE THE PROCEDURE

Take 3 Bisacodyl tablets with 8 fl. oz. glass of water or any clear liquid at 7:00 p.m.

### DAY BEFORE PROCEDURE

Clear liquid diet all day prior to procedure; no solid foods.  
See example of Clear Liquid Diet section.

You can choose option A or B for taking the Fleet Phospho-Soda.

- A. **Morning Option** – Take 1 bottle of Fleet Phospho-Soda at 10:00 a.m. and 1 bottle of Fleet Phospho-Soda at 8:00 p.m.
- B. **Evening Option** – Take 1 bottle of Fleet Phospho-Soda at 6:00 p.m. and 1 bottle of Fleet Phospho-Soda at 10:00 p.m.
  - **Add 1-1/2 fl. oz.** (3 tablespoonful) Fleet Phospho-Soda to ½ a glass (4 fl. oz.) of cool water and drink
  - **Follow with one full glass (8 fl. oz.)** of approved "clear liquid".

Drink at least 3 more 8 fl. oz. portions of "clear liquids" before bedtime; more if desired.

**IMPORTANT – PLEASE FOLLOW THE INSTRUCTIONS FOR THE PREP CAREFULLY. YOUR PROCEDURE WILL BE CANCELLED AND RESCHEDULE IF THE COLON PREP IS NOT ADEQUATE.**

### Clear Liquid Diet

Drink only "Clear Liquids" for **breakfast, lunch and dinner.**

Solid foods, milk products are **not** allowed.

Do not eat or drink anything with **RED** or **PURPLE** food coloring.

"Clear Liquids" include:

- Apple juice, white grape juice, white cranberry juice or lemonade
- Water (as much as desired)
- Clear broth or bouillon (chicken or beef flavor)
- Coffee or tea (without milk or **non dairy creamer**)
- Gatorade (especially good for replacing electrolytes)
- Sprite, 7-up
- Kool-Aid (lemon, lime, orange, peach)
- Plain jello without topping or fruit (lemon, lime, orange, peach)
- Popsicles (lemon, lime, orange, peach)

**No fruits or vegetables should be eaten the day before the procedure.**

Colonoscopy  
Preparation  
Instructions

Fleet  
Phospho-Soda

