

DIGESTIVE AND LIVER DISEASE SPECIALISTS FLEETS PHOSPHO-SODA PREPARATION

****WARNING: IF YOU HAVE A HISTORY OF CONGESTIVE HEART FAILURE OR CHRONIC RENAL INSUFFICIENCY, DO NOT TAKE THIS PREPARATION AND NOTIFY OUR OFFICE AT 466-0165!!**

STEP 1: Begin a clear liquid diet on the morning of _____. See next page for the clear liquid diet.

STEP 2: At 3:00 p.m., mix 1 tablespoon of Fleets Phospho-soda with 6 oz or more of Sprite or Ginger Ale and drink. Repeat this same process at 3:15 p.m. and 3:30 p.m., using the entire contents of your first bottle of Fleets Phospho-soda. Drink at least 3 full glasses of water after this is completed. Note: If your colonoscopy is scheduled after 9:30 a.m. the next day, you can delay starting your laxative as late as 5:00 p.m. as long as you **wait at least 10-12 hours** before starting your second bottle.

STEP 3: Continue your clear liquid diet. Try to drink at least 8-10 ounces of fluid per hour.

STEP 4: **You must wait at least 10 to 12 hours before starting your second bottle of laxative.**

STEP 5: 5 Hours prior to the arrival time of your procedure, mix 1 tablespoon of Fleets Phospho-soda with 6 oz or more of Sprite or Ginger Ale and drink. **Repeat this same process every 15 minutes** until you finish the entire bottle. Follow with at least 3 full glasses of water after this is completed.

STEP 6: Continue your clear liquid diet. Try to drink at least 8-10 ounces of water per hour.

STEP 7: **Nothing by mouth 3 hours prior to exam unless you need to take medications as directed by your physician. These may be taken with a small sip of water.**

Stop Coumadin / Warfarin 3 days prior to your procedure. Notify your cardiologist and ask if he wants to replace these medications with Lovenox during this time.

Stop Plavix 7 days prior to your procedure. Notify your cardiologist for approval.

Stop Aggrenox and Ticlid 5 days prior to procedure. Notify your cardiologist for approval.

Stop Aspirin and Anti Inflammatory medications (ex. naprosyn, motrin) 5 days prior to your procedure.

Stop Iron 7 days prior to your procedure.

Celebrex and Tylenol are allowed.

Adjust your diabetic medications per our office protocol.

You may take heart and blood pressure medicine the morning of the procedure.

Check with your physician if you have any questions regarding medications to be taken prior to the procedure.

**DUE TO SEDATION, YOU MUST HAVE SOMEONE
DRIVE YOU HOME.**

