

Fleet Phospho-soda Bowel Prep

You should not take Fleets Phospho-soda prep if you have congestive heart failure, severe heart disease or kidney problems. Please call 684-6437 if you have questions. There are two different types of Fleet Phospho-soda bowel preps available. Both are sold over the counter at most food, drug or discount stores. Both have the same concentration of medicine but the Accu-Kit has pre-measured vials while the other one does not. The Milk of Magnesia and Dulcolax tablets are also available over the counter.

It is important that you follow a clear liquid diet the day before your colonoscopy.

Two nights before your colonoscopy:

Take Milk of Magnesia 30 ml (2 tablespoons) before bed.

One day before your colonoscopy:

1. No solid food. **Drink as much clear liquids as possible.**

2. **7:00 PM Step 1**

Add ½ ounce (1 tablespoon*) of Phospho-soda to an 8 ounce glass of clear liquid. Drink.

7:10 PM Step 2

Add ½ ounce (1 tablespoon*) of Phospho-soda to an 8 ounce glass of clear liquid. Drink.

7:20 PM Step 3

Add ½ ounce (1 tablespoon*) of Phospho-soda to an 8 ounce glass of clear liquid. Drink.

Step 4

Continue to drink a lot of clear liquids. This is important for an adequate prep.

At bedtime:

Take 2 Dulcolax tablets.

The day of your procedure:

No solid food. Start at least 3 hours before you leave your house for your appointment:

Step 1

Add ½ ounce (1 tablespoon*) of Phospho-soda to an 8 ounce glass of clear liquid. Drink.

Step 2

Add ½ ounce (1 tablespoon*) of Phospho-soda to an 8 ounce glass of clear liquid. Drink.

Step 3

Add ½ ounce (1 tablespoon*) of Phospho-soda to an 8 ounce glass of clear liquid. Drink.

Step 4

Drink at least 2 more glasses of clear liquids.

For afternoon appointments, please continue to drink clear liquids up to 3 hours prior to your test.

CLEAR LIQUID DIET LIST

Beverages:

- ◆ Soft drinks - orange, ginger ale, cola, Sprite, 7-Up, Gatorade, Kool-Aid
- ◆ Strained fruit juices without the pulp - apple, white grape, orange, lemonade
- ◆ Water, tea, or coffee (no milk or non-dairy creamer)

Soups:

- ◆ Low sodium chicken or beef bouillon/broth

Desserts:

- ◆ Hard candies
- ◆ Jell-O (lemon, lime or orange; no fruit or toppings)
- ◆ Popsicle (no sherbets or fruit bars)
- ◆ **Do not** eat or drink anything colored **red** or **purple**.