

Fleet PHOSPHO-SODA

BOWEL PREPARATION INSTRUCTIONS

READ CAREFULLY. DO NOT EXCEED RECOMMENDED DOSAGE AS SERIOUS SIDE EFFECTS MAY OCCUR. (SEE PACKAGE FOR OTHER IMPORTANT WARNINGS.)

- *Two days before your procedure, purchase 3 oz. of Fleet Phospho-soda.*
- *Follow the steps listed below, or as otherwise prescribed by your doctor below.*
- *If you are taking medication (including aspirin or aspirin-containing products), consult your doctor for additional instructions before beginning this procedure.*

Day Before Exam

FOLLOW ALL INSTRUCTIONS ON THIS PAGE

- Breakfast

Have a Light Breakfast (See "Diet Instructions" below)

- Morning

Drink all the Clear Liquids you like (See "Clear Liquids Diet List" below). Drink at least 8 ounces of liquid every hour throughout the day.

- Lunch

Drink all the Clear Liquids you like

- Afternoon

Drink all the Clear Liquids you like

- Dinner

Drink all the Clear Liquids you like

- 7:00 PM

Take Fleet Phospho-soda (See "How To Take Fleet Phospho-soda" below)

- Evening

Drink all at least 3 more glasses (8 oz each) of Clear Liquids (Then you may drink all the Clear Liquids you desire)

Individual response to laxatives varies. This prep often works within 30 minutes but may take as long as 3 hours. Remain close to a toilet as multiple bowel movements may occur.

Day of Exam

IF YOUR BOWEL MOVEMENTS ARE NOT CLEAR -TAKE 2 FLEET ENEMAS BEFORE LEAVING HOME.

- 6:00 AM (or at least 3 hours before you leave for your exam)

Take Fleet Phospho-soda (See "How to Take Fleet Phospho-soda" below) Ok to drink up to 16 oz of liquid with your morning dose of Fleet Phospho-soda.

- AM/PM

Report for your appointment.

How to Take Fleet Phospho-Soda

- A) 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 or 7-Up helps improve the taste) and drink. **Then follow with a glass (8 oz.) of Clear Liquid. You may then drink all the Clear Liquids you desire.**



OR



B) Mix 0.5 oz. (1 measuring tablespoon - **NOT** tableware) of Fleet Phospho-soda into a glass (8 oz.) of cold *Clear Liquid* (Ginger ale, apple juice, Sprite or 7-Up helps improve the taste) and drink. Repeat two more times within the next 20 minutes. **You may then drink all the Clear Liquids you desire.**

Diet Instructions

DO NOT TAKE PRODUCTS CONTAINING OLEAN OR OLESTRA SUCH AS WOW CHIPS **2 WEEKS** PRIOR TO PROCEDURE.

Light Breakfast

Breakfast may include any of the following items:

- Any items from the "Clear Liquids Diet List" below
- One boiled or poached egg or small portion of skinless chicken/turkey or fish
- White toast - no butter
- One 8 oz. can Ensure®

Do not take Ensure Plus

Clear Liquids Diet List

Do not drink or eat anything colored red or purple.

Beverages:

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

Soups:

- Fat-free, low sodium chicken or beef bouillon/broth.

Desserts:

- Hard candies.
- Jello (lemon, lime or orange; no fruit or toppings)
- Popsicles, Italian Ice (no sherbets or fruit bars)

Doctor's Instructions

- If you are taking any **IRON SUPPLEMENTS, ASPIRIN, ADVIL, MOTRIN, ALEVE** or any **ANTI-INFLAMMATORY DRUGS** you will need to stop them 5-7 days prior to the procedure.
TYLENOL IS OK TO TAKE
- You may continue Vioxx or Celebrex for Arthritis
- You will need a driver to drive you home as well as **STAY WITH YOU AT THE FACILITY**
- Please inform our office if you are taking a blood thinner (Coumadin, Plavix)
- If you have any questions regarding your preparation, please feel free to call us at 212-263-3095
- Do not miss a dose of heart or blood pressure medication

**IF YOU ARE A RENAL PATIENT PLEASE NOTIFY US.
YOU CANNOT USE THIS PREP!**