

Your appointment is scheduled for:

Date

Time

Colonoscopy Preparation (Fleet Phospho-soda)

Please follow these directions carefully. It is very important that your colon (large intestine) is completely clean and empty. This is so your exam will be comfortable, accurate and safe. You need to start to prepare for the exam four days before the exam.

4 days before the exam	3 days before the exam	2 days before the exam	1 day before: (if exam is before 10:15 am)	1 day before: (if exam is after 10:15 am)	The day of the exam
<p>* Buy two 1.5 ounce bottles of the Fleet Phospho-soda prep. You can get it at most pharmacies.</p> <p>Your prescription will be ordered one week before your exam. Please pick it up at that time.</p> <p>*Arrange for your ride home.</p> <p>*If you need to cancel or reschedule your exam, please call 651-254-8680.</p>	<p>Begin Low Fiber Diet</p> <p>No raw fruits or vegetables No whole wheat or high fiber No nuts or popcorn No Metamucil, Fibercon, bran or bulking agents.</p> <p>You may eat other foods and beverages including meat, white bread, pasta, potatoes.</p> <p>Avoid food with seeds or skin.</p>	<p>Continue Low Fiber Diet</p> <p>*Two hours after your evening meal, drink 1.5 ounces of the Fleet Phospho-soda in 4 to 6 ounces of water, ginger ale or clear fruit juice.</p> <p>Continue to drink as much liquid as you can (at least three 12 ounce glasses) over the next three hours so you don't get dehydrated.</p> <p>*Drink at least 8 glasses of water throughout the day.</p> <p>*Do not have any solid foods after midnight.</p>	<p>Begin Clear Liquid Diet</p> <p>You can have: water, clear broth or bouillon, coffee or tea (<u>without milk or creamer</u>), Gatorade, Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy.</p> <p>*Do not have any red or purple liquids</p> <p>*Drink at least 8 glasses of water during the day.</p> <p><i>*At 8 p.m. Drink the second 1.5 ounce portion of the Fleet Phospho-soda in 4 to 6 ounces of water, ginger ale or clear fruit juice.</i></p> <p>Continue to drink as much clear liquid as you comfortably can (at least three 12 ounce glasses).</p>	<p>Begin Clear Liquid Diet</p> <p>You can have: water, clear broth or bouillon, coffee or tea (<u>without milk or creamer</u>), Gatorade, Pedialyte, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy.</p> <p>*Do not have any red or purple liquids</p> <p>*Drink at least 8 glasses of water during the day.</p> <p><i>*Five hours before your appt. Drink the second 1.5 ounce portion of the Fleet Phospho-soda in 4 to 6 ounces of water, ginger ale or clear fruit juice.</i></p> <p>Continue to drink as much clear liquid as you comfortably can (at least three 12 ounce glasses).</p>	<p>Continue Clear Liquid Diet, including Water</p> <p>*Stop drinking liquids three hours before your exam time.</p> <p>*Please do not wear fragrant perfumes or lotions the day of your exam.</p> <p>*Bring these with you to the exam:</p> <p>✓ Ride</p> <p>✓ Insurance Card</p>

You must have someone drive you home after your exam.

If your procedure is at North Memorial Medical Center, you must have someone stay with you for 12 hours after the procedure.