

Integral Gastroenterology Center, P.A.
Venodhar Rao Julapalli, M.D.

Colonoscopy with Fleet Phosphosoda Preparation Instructions

Procedure Date _____ Time _____ Arrival Time _____

Please read these instructions carefully at least one week prior to your exam. Please call us if you have any questions at 281-880-GUTS (4887).

Please contact our office if you have any of the following medical conditions and have not already discussed this with us:

- History of heart, lung, liver, or kidney disease
- Use of blood thinners such as Coumadin, Lovenox, or heparin
- Excessive bleeding during previous surgery or dental procedure
- Diabetes

If you have kidney failure, congestive heart failure, have had a recent heart attack, or have problems drinking large amounts of fluid, you should NOT take Fleet Phosphosoda. Discuss with your doctor about the need to arrange for a different bowel prep.

Medication and Diet Instructions

One week before your colonoscopy, STOP:

- Iron
- Plavix (clopidogrel)

Four days before your colonoscopy, STOP:

- Coumadin (warfarin). If you have an artificial heart valve, you should talk with your primary care physician or cardiologist about using an alternative blood thinner.

One day before your colonoscopy:

- Start clear liquids in the morning and drink only clear liquids all day. These include clear soda, Gatorade, clear juices (no orange or grapefruit juice), clear broth, Jell-O (no red or blue flavor), and water. AVOID coffee and tea.
- Do not drink alcohol.
- Deviating from this diet will prevent adequate preparation of the colon for the exam and may result in cancellation of the procedure.
- It is important that you drink as much fluid as you can throughout the day.

Bowel Preparation

You will need a prescription for one 3-ounce bottle of Fleet Phosphosoda Oral Preparation Saline Laxative.

You may want to use petroleum jelly or aloe baby wipes around the anal opening before starting your bowel prep and after each bowel movement to minimize irritation.

For procedures at or before 12:00 PM:

- **Day before procedure at 2-3 PM** Mix the Fleet Phosphosoda 1.5 ounces (half the bottle) in 8 ounces of cooled ginger ale, soda, or juice. Drink the solution. Follow with at least three 8-ounce glasses of water or clear liquids. You may have more water or clear liquids than this, but do not have less.
- **Day before procedure at 6-7 PM** Mix Fleet Phosphosoda 1.5 ounces (the other half of the bottle) in 8 ounces of cooled ginger ale, soda, or juice. Drink the solution. Again, follow with at least three 8-ounce glasses of water or clear liquids.

For procedures after 12:00 PM:

- **Day before procedure at 6-7 PM** Mix the Fleet Phosphosoda 1.5 ounces (half the bottle) in 8 ounces of cooled ginger ale, soda, or juice. Drink the solution. Follow with at least three 8-ounce glasses of water or clear liquids. You may have more water or clear liquids than this, but do not have less.
- **Day of procedure at 5-6 AM** Mix Fleet Phosphosoda 1.5 ounces (the other half of the bottle) in 8 ounces of cooled ginger ale, soda, or juice. Drink the solution. Again, follow with at least three 8-ounce glasses of water or clear liquids. Make sure that you complete your clear liquids by 6 AM.

Day of Procedure

- If you take aspirin stop the aspirin on the day of the procedure.
- Do not eat or drink anything starting six hours before your procedure.
- Except as otherwise indicated, you should take your regular morning heart and blood pressure medications with a few small sips of water.
- Arrive at the endoscopy center two hours before your procedure is scheduled.
- Wear comfortable clothing. Please leave your valuables at home. Please avoid using fingernail polish.
- Due to the sedation, a relative or friend will need to accompany you out of the facility and drive you home. You will NOT be allowed to take a taxi or public transportation home. Your procedure will be cancelled if you do not have a ride.
- Someone will need to remain with you for at least two hours after you are discharged to ensure that there are no problems from the sedation or the procedure.
- After your procedure, you should not drive, return to work, do any strenuous activity, or sign any legal documents until the following day.
- There is a small risk of serious bleeding for up to two weeks after a polyp is removed. We recommend that you stay within two hours of a medical facility during this time.