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BEFORE YOUR COLONOSCOPY:

You are scheduled for a colonoscopy.

You must have a ride home from the procedure because you will be given sedation. A taxi is not OK. You must be accompanied by a responsible adult. Do not plan anything important for the rest of the day.

Prepare for your colonoscopy at follows:

- A.** Purchase 3 ounces of Fleet Phospho-Soda or a Fleet Accu-Prep Kit. (If you use the Accu-Prep, ignore steps C, D, and E and follow the Accu-Prep directions). Either product is available over the counter in most pharmacies.
- B.** The day before the procedure, you may eat a very light breakfast, but afterwards, take only clear liquids until after the procedure. Clear liquids include anything you can see through-water, apple juice, broth, coffee, tea (without milk), Jell-O or popsicles.
- C.** At 6 p.m. take 1.5 ounces (3 tablespoons) of the Fleet Phospho-Soda mixed with approximately 4 ounces of water or clear juice. Follow this immediately with 8 ounces of water or clear juice.
- D.** Drink at least 16 ounces of clear liquids after this.
- E.** At 8 p.m. repeat steps "C" and "D". If your procedure is not scheduled until noon or later the following day, do not take the 8 p.m. dose. Instead, take this dose 3 hours before the procedure, followed by 8 ounces of clear liquids.
- F.** Do not exceed the dosages of Fleet Phospho-Soda given in these instructions.
- G.** Individual responses to this preparation will vary. Most people will have multiple, loose bowel movements beginning anywhere from 30 minutes to 3 hours after taking the first dose. You should remain close to the bathroom.

On the day of the procedure, take your regular medications as prescribed. Do not take aspirin or aspirin-containing products for 1 week before the procedure (Tylenol is okay). If you are diabetic, consult with your Primary Care Physician as to how much insulin or other sugar management medication you should take. (In general, you should only take half your insulin the day before the procedure, and none the morning of the procedure).