

Fleet Phospho-Soda Preparation
Colonoscopy Instructions: Farmington

Name of Patient: _____

Date: _____ **Registration Time:** _____ **Day:** _____

***** Please Purchase 3 ounces of Fleet Phospho-Soda *****

(This can be purchased from any pharmacy - no prescription is required)

DAY BEFORE EXAM:

1. On _____ **BEGIN A CLEAR LIQUID DIET (ALL DAY).**

This includes: Bouillon, Jell-O (no red or purple), apple juice, white grape juice, lemonade, Gatorade (**no red or purple**), coffee, tea, pop, **NO DAIRY PRODUCTS!**

!!! It is important to drink as much water or clear liquids as you can throughout the day !!!

2. At **6:00 p.m., mix 1 1/2 oz.** of Fleet Phospho-Soda with 4 oz. of clear liquids (i.e...water, 7-Up, ginger ale, or apple juice) and then drink. Follow this with 16 oz. of water.
3. At **9:00 p.m., mix the other 1 1/2 oz. (the remainder of the 3 oz. bottle)** of Fleet Phospho-Soda with 4 oz. of clear liquids and then drink. Follow this with another 16 oz. of water.
4. Drink another 16 oz. of any clear liquid before you go to bed.
5. Nothing by mouth after midnight (**except your medications**).

DAY OF PROCEDURE:

1. You may take all of your daily prescribed medications normally with a sip of water. Your normal medications will not affect your bowel preparation or examination.
2. Arrive at the Michigan Endoscopy Center (20055 Northwestern Hwy #L-60; Farmington Hills, Mi (48334) no later than the registration time written above.
3. You will be given I.V. sedation before the exam (usually valium & demorol). You are required to have someone drive you to the facility, wait during the exam, and drive you back home.

If your driver cannot wait at the facility during your colonoscopy, your exam will be canceled

SPECIAL INSTRUCTIONS:

- Do not take **Aspirin**, or anything with aspirin in it (i.e., motrin, advil, ibuprofen, aleve, excedrin), for at least 7 days before the exam. Tylenol is O.K.!
- If you are taking **Coumadin**, or any other blood thinners (i.e.. plavix, ticlid), let the doctor know.
- If your doctor normally prescribes **Antibiotics** prior to dental work to protect an artificial heart valve, artificial joint, or heart murmur, let the doctor know so we can give you antibiotics.
- If you take insulin or pills for diabetes, take only **half** of your normal dose of diabetic medication the DAY BEFORE and the MORNING OF the exam. Monitor your blood sugar levels and drink an 8 oz. glass of APPLE JUICE 4 times day before (morning, noon, afternoon, evening) and once morning of the exam.

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