

PREPARATION FOR COLONOSCOPY

In order to be totally cleaned out for an optimal colonoscopic examination, it is important to follow these directions closely. You will need to purchase the following at any local pharmacy;

1. One bottle of regular has flavored Fleet's Phospho-Soda 90 ml.
2. One Fleet enema.

Optimal preparation requires that you begin a clear liquid diet in the morning prior to the day of your scheduled colonoscopy. A clear liquid diet includes jello (except for red flavored jello), apple or cranberry juice, clear broth such as consommé, soda pops, coffee or tea. Do not drink cloudy fruit juices such as orange juice, milk, etc. You are to remain on clear liquids until midnight, and then you must continue to fast until the time of the procedure the following day.

It is permissible to take medication throughout the day as you usually do and it is also advisable to take your heart and blood pressure pills in the morning of the colonoscopy along with a glass of water. Do not however, eat breakfast before your colonoscopy unless you are instructed to do so.

At noon the day prior to colonoscopy, please take one-half bottle (45 ml) of the Phospho-Soda. At 6 p.m., take the second-half of Fleet's Phosphor-Soda. Be sure to consume plenty of liquids throughout the day. Finally, it is desirable for you to give yourself the single Fleet's enema, or a regular tap water enema) the morning of the procedure or at bedtime the night before.

If you have any questions regarding your preparation, do not hesitate to call the office.

The morning of the procedure you may take any heart or blood pressure medications with minimal amount of water. All other medications please bring with you to take after the procedure.

Please be at Outpatient Registration at _____ on _____.

Be sure to arrange transportation home. If sedation is required for the examination - you may not be allowed to drive afterwards.