

*Tri-City Colorectal Surgery
2223 E Baseline Rd, Suite A
Gilbert, AZ 85234
Ph: 480-835-5302 Fax: 480-844-2081*

Colonoscopy Instructions Fleets Phospho-Soda Preparation

ATTENTION:

You must be off Aspirin and other blood thinners for 7-10 days prior to the procedure. Tylenol is ok to take.

Please purchase the following at your pharmacy:

- One 3 ounce bottle of Fleets Phospho-Soda
- 2 Dulcolax tablets (sold over the counter)

One day prior to the procedure:

- **Diabetics: Please take only half of your diabetic medication the day before your procedure**
- Follow a clear liquid diet from the time you wake up in the morning
- You may drink clear liquids such as apple juice cranberry juice Gatorade, clear broth, tea, coffee, soda, and jello (avoid any red or green jello due to the artificial dyes they contain)
- Make sure that you drink plenty of water throughout the day
- Do not have any milk products, citrus juices or solid food
- **4PM:** Drink 1 ½ ounces of Phospho-Soda mixed with 4-12 ounces of water juice, Sprite, or Gingerale
- **8PM:** Take 2 Dulcolax Tablets by mouth
- **10PM:** Drink 1 ½ ounces of Phospho-Soda mixed with 4-12 ounces of water juice, Sprite, Fresca, or Gingerale
- You may take your regular medication including your blood pressure and seizure medication at your regular time the morning of your procedure with a tiny sip of water
- **Nothing to eat or drink 6 hours prior to the procedure: NOT EVEN WATER**

Day of your colonoscopy:

- Arrive at the Facility Location at your Check in Time

Your check in time is only a tentative time. You will be called the business day prior to your procedure to confirm your check-in time. Please refrain from scheduling other activities on the day of your procedure as we cannot predict the time of your discharge. You must have someone drive you home following the colonoscopy due to the medications given during the procedure.