



United Family Healthcare  
和睦家医疗

## Instructions for Colonoscopy Preparation Oral Fleet Phospho-Soda (2 x 45ml bottle)

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

- History of liver, kidney (dialysis), heart or lung disease.
- Anticoagulation therapy (Coumadin or Heparin).
- Excessive bleeding during previous surgery or dental extraction.
- Have diabetes

### One Week Prior To Colonoscopy

1. Stop all Iron supplementation and vitamins that contain iron for 7 days prior to your colonoscopy.
2. If you are taking Aspirin (or aspirin-containing medications), Plavix (Clopidogrel), Coumadin (Warfarin), or any other blood-thinning medications, you should discuss with your doctor whether or not you should stop these medications for 7 days prior to your colonoscopy. If your specific medical condition allows, colonoscopy is safest if performed when you are not taking these medications.

### One Day Prior To Colonoscopy

1. Have a regular breakfast. After breakfast, you should have a clear liquid diet. The liquids should not be red or purple in color. Clear liquids include water, coffee, tea, Gatorade, broths, Jell-O, and popsicles. You cannot have any solid food during this time period. (If you are a diabetic, you may need to make some adjustments in your medications because of the reduced calories you will be eating: we routinely suggest taking a half dose of your usual diabetes medications and insulin on the day prior to colonoscopy. Please discuss any questions about insulin with your primary care doctor ahead of time.)
2. At approximately 16 to 18 hours prior to the procedure, dissolve one bottle of Oral Fleet Phospho Soda (45ml) in 12 ounces (360ml) clear liquid and drink at once. Then, drink another 12 ounces clear liquid. The Doctor will prescribe the timing of the two doses of diluted Fleet Phospho Soda, separated by 10 to 12 hours.

### IMPORTANT! PLEASE NOTE:

Do not exceed recommended dose unless directed by a physician. If there is no bowel movement after six hours, contact a physician, as dehydration and consequent serious side effects could occur. During bowel preparation you will lose significant amounts of fluid. This is normal. It is very important that you replace this fluid to prevent dehydration. Early symptoms of dehydration include feeling thirsty, dizziness, urinating less often than normal, or vomiting. Drink as much extra liquids as you can to help replace the fluids you are losing during bowel movements. Drinking large amounts of clear liquids also helps ensure that your bowel will be clean for the examination or procedure.

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### On The Day of Your Colonoscopy

1. Take your blood pressure medication in the morning as usual with a small sip of water. Insulin or other diabetes medications should be adjusted on the day of your colonoscopy.
2. 6 hours prior to examination, dissolve another bottle of Oral Fleet Phospha Soda (45ml) in 12 ounces clear liquid and drink. Then, drink another 12 ounces clear liquid. (This needs to be completed 6 hours prior to examination)

### Phospho-Soda (Oral Fleet) Time Schedule (for reference only)

Time of Colonoscopy	( <b>One day BEFORE</b> colonoscopy) Time for <b>first dose of Oral Fleet</b> (18-16 hours prior to colonoscopy)	( <b>On the day of</b> colonoscopy) Time for <b>second dose of Oral Fleet</b>
9:00AM	3:00-5:00 PM	3:00AM
10:00AM	4:00-6:00PM	4:00AM
11:00AM	5:00-7:00PM	5:00AM
12:00AM	6:00-8:00PM	6:00AM
1:00PM	7:00-9:00PM	7:00AM
2:00PM	8:00-10:00PM	8:00AM
3:00PM	9:00-11:00PM	9:00AM
4:00PM	10:00PM- 00:00AM	10:00AM

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