Colonoscopy with Fleet Phosphosoda Preparation

Physician:
_____Alcocer  _____Dabaghi  _____Frachtman  _____Lubin  ______Sperling ______ Willeford

Procedure Date________ Time________ Arrival Time________

Your procedure is scheduled at:

_____Austin Endoscopy Center I
8015 Shoal Creek Blvd., Suite 300
512-371-1519

_____ St. David’s Hospital
919 E. 32nd St., Admissions
512-397-4092

_____ Seton Medical Center
1201 W. 38th St., Day Surgery
512-324-1012

_____ Austin Endoscopy Center II
4310 James Casey, Bldg. 4-B
512-532-8000

Preparation
Colonoscopy is an examination of the colon (large bowel) with a flexible tube about the thickness of your pinkie finger, which transmits a live color image onto a television screen. There are many things a person would rather do than undergo a bowel prep for a colonoscopy, but your efforts at cleansing your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety and success of your preparation. If you have kidney failure, unstable angina, congestive heart failure, have had a recent heart attack, or experience problems/difficulty drinking large amounts of liquid, you should take a different prep other than Fleet Phospho Soda. It is EXTREMELY important for you to drink large amounts of clear liquids while doing this bowel cleansing prep!

Purchase at the Pharmacy/Grocery Store
• Fleet Phosphasoda, 3 oz. bottle (Not cherry)
• Ginger Ale soda
• Plain or aloe Baby wipes (prevents a sore bottom) OPTIONAL
• Desitin or A&D ointment (prevents a sore bottom) OPTIONAL
• Clear liquids (see list below) and drinking straws

One Week Prior to the Procedure
• Do NOT take iron pills or medications that may cause bleeding. These medications may include: Plavix, Coumadin, Aspirin, Percodan, Alka-Seltzer. You MUST stop any anti-inflammatory type drugs including: Empirin, Ecotrin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Naprin, Naprosyn, Naproxen, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac, and Voltaren.
• STOP all multivitamins and Vitamin E
• TYLENOL and other brands which contain ACETAMINOPHEN are safe to use prior to this procedure.

One Day before the procedure:
• Have a clear liquid diet throughout the day. Avoid liquids that are red or purple in color such as red grape or cranberry juice. Avoid dairy products and juices with pulp such as orange or grapefruit juice.
• Soups: Clear broth or consommé
• Sports drinks: Gatorade, Powerade, Propel
• Juices: white cranberry, white grape, apple, limeade, strained lemonade
• Beverages: tea, coffee, kool-aid, carbonated beverages, Enlive, Boost Breeze, water
• Desserts: water ices, Italian ices, popsicles, Jello

It is important that you drink fluids throughout the day!
Instructions Continued on Reverse

For Morning Procedures:

Part 1 - Day before procedure @ 2-3 PM Mix the Fleet Phospho Soda 1.5oz (1/2 bottle) in 8 oz. of ginger ale, soda or juice. Drink the solution. Drink at least three 8oz glasses of water over the next hour. Drink as much fluid as you can until Part 2 of the prep.

Part 2 – Day before procedure @ 9-10 PM: Mix the Fleet Phospho Soda 1.5oz (1/2 bottle) in 8 oz. of ginger ale, soda or juice. Drink the solution. Drink at least three 8oz glasses of water over the next hour. You may continue clear liquids until midnight.

For Afternoon Procedures:

Part 1 – Day before procedure at 6PM: Mix the Fleet Phospho Soda 1.5oz (1/2 bottle) in 8 oz. of ginger ale, soda or juice. Drink the solution. Drink at least three 8oz glasses of water over the next hour. You may continue clear liquids until midnight.

Part 2 – Day of procedure at 6 or 7AM: Mix the Fleet Phospho Soda 1.5oz (1/2 bottle) in 8 oz. of ginger ale, soda or juice. Drink the solution. Drink at least three 8oz glasses of water over the next hour. Do Not drink any liquids or eat anything AFTER 8AM!

Day of Procedure:
DO NOT EAT OR DRINK ANYTHING! Your procedure may be cancelled if you do! Exception: Afternoon Procedures

•If you take medication, you may have it the morning of the procedure with a small amount of water. This means NO MORE than a few SMALL sips of water. You may brush your teeth.
•Arrive at the Endoscopy Center ONE HOUR BEFORE your procedure is scheduled.
•You may want to leave your valuables at home (jewelry, watches, etc) and limit make-up & fancy hair-do’s.
•Bring your completed Patient Information Sheet, driver’s license and insurance cards to the Center.
•You must be accompanied by a friend or relative to drive you home. You MAY NOT drive, go home in a taxi or by bus. If this procedure is not followed, your procedure may be cancelled.
•Special Instructions:
  ______ Hold morning dose of insulin the day of the procedure but bring your insulin to the facility.
  ______ If you have an artificial heart valve, or have a previous history of endocarditis, joint replacement or other specific indication, your doctor may prescribe pre-procedure antibiotics.
  ______ Stop aspirin, anti-inflammatory medications such as ibuprofen (Advil, Aleve, Motrin) ___days before the procedure. You MAY take Tylenol (acetaminophen).
  ______ Bring a list of the medications (including the dosages) and any allergies to medications, or conditions that would make you sensitive to sedation such as sleep apnea syndrome to the Center with you.
  ______ Other____________________________________________________________

Commonly asked Questions:

How do I know if my prep is adequate?
The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as the stool is not muddy or thick. If there is any question, you can self administer a tap water or fleet enema prior to leaving home for the procedure.

What side effects may I expect?
Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

Will the prep interfere with my other medications?
Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

Remember, stay close to the bathroom facilities and warn family members that the room belongs to you!!
It is also worthwhile to get a supply of aloe wet wipes and Desitin ointment to ward off a sore bottom.

Good Luck! This is the hardest part of the procedure.

REMEMBER: Please call us if you have any questions at (512) 454-4588 or the number of your physician’s Medical Assistant (MA).