



**Digestive Disease Center and Endoscopy Center**  
**760 Parkside Ave, Box 1264 Brooklyn, NY 11226**  
**718 282 7234 718 282 7239 (fax)**

Patient Name: \_\_\_\_\_ Procedure Date/Time: \_\_\_\_\_

## Fleet's Phosphosoda Colonoscopy Prep Instructions

Please **DO NOT TAKE ASPIRIN OR ASPIRIN PRODUCTS** (Advil, Aleve, Motrin, Ibuprofen, Ecotrin, Excedrin) **FOR ONE WEEK PRIOR** to procedure.

You are also advised to **STOP ANY IRON SUPPLEMENTS FOR ONE WEEK PRIOR** to the procedure. If you need something for pain or headache Tylenol may be used.

### Day before Colonoscopy

7:00 am Regular Breakfast

12:00 Noon Light Lunch

### **NO SOLID FOOD SHOULD BE TAKEN UNTIL AFTER THE PROCEDURE**

4:00 pm Mix 3 tablespoons of Phosphosoda with 4oz water and drink  
Frequent bowel movements is expected

5:00 pm **Take 4 Dulcolax tablets with 8oz of water**

6:00 pm Drink 8oz of water

7:00 pm Dinner: Clear Liquid - Chicken or Beef broth, Jell-O (not red), juices, Ginger ale, White Cranberry Juice, white grape juice. Black tea or coffee *\*\*No dairy products.*

8:00 pm Mix 3 tablespoons of Phosphosoda with 4oz water and drink  
You may drink as much clear liquids as you like to remain hydrated.

### **DO NOT EAT OR DRINK AFTER 12 MIDNIGHT**

### Day of Colonoscopy

Wear loose fitting clothes the day of your procedure. IV will be inserted in your vein by a Registered Nurse. You will be sedated for your comfort by a doctor (anestheologist). Please do not make important personal or business decision on this day due to the medication given for your comfort. By the next day you may return to work or your usual activity. You may have a light lunch when you return home and then a Regular dinner. You will experience bloating due to air in the colon; you are expected to pass the air prior to leaving the Endoscopy Center.

### **AN ADULT MUST ESCORT YOU HOME FOLLOWING YOUR PROCEDURE**

The Endoscopy Nurse will give information about findings and or follow up care to you.