Preparation Instructions for a Colonoscopy Using Fleets Phospho-Soda

Important - Please Read at Least Two Weeks Prior to the Procedure

**Bowel Preparation**

To complete a successful colonoscopy, the bowel must be clean so that the physician can clearly view the colon. It is very important that you read and follow all of the instructions given to you for your bowel preparation well in advance of the procedure. Without proper preparation, the colonoscopy will not be successful and the test may have to be repeated.

At least 5 days before the scheduled colonoscopy, you will need to purchase the Fleets Phospho-Soda over-the-counter medication at your local drug store or pharmacy (in the laxative section). Do not mix the solution until the day before the procedure.

Do **NOT** take Fleets Phospho-Soda if you have kidney, heart, or liver problems. Contact your physician’s office and request the GoLYTELY/NuLYTELY preparation.

**Special Conditions**

Tell your physician doing this procedure if you:

- are pregnant;
- have a kidney, lung, or heart condition;
- have an artificial joint or artificial heart valve;
- have ever been told you need antibiotics before a dental or surgical procedure.

You **must** speak with your primary care physician or a specialist at least **two weeks** before your scheduled colonoscopy if you:

- are taking Coumadin (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide), or over-the-counter medications like aspirin, vitamin E, or other **anti-inflammatory medications**;

- have diabetes and take insulin. You may need to have your insulin adjusted the day before and the day of the procedure; please bring your diabetes medication with you so you can possibly take it after the procedure.

It is important to continue to take all other prescribed medications. On the day of the procedure, please take your prescribed medicines with a sip of water.

**Five (5) Days Before the Procedure**

Do **not** take bulk-forming agents (such as Metamucil, Citrucel, Perdiem, etc.)

Do **not** take iron-containing preparations (such as multi-vitamins containing iron). These products may make it more difficult for the physician to see the inside of the colon.

Do **not** take aspirin and other **anti-inflammatory medications** unless otherwise directed by your physician.
Purchase the Fleets Phospho-Soda medication at your local pharmacy or drugstore.

**Three (3) Days Before the Procedure**

Do not eat popcorn, seeds, nuts, multigrain bread, salad, cheese, or high-fiber foods for the three days prior to the procedure.

**One (1) Day Before the Procedure**

Do not eat solid foods. It is essential to drink at least 8 ounces of clear liquids every hour after awakening to avoid dehydration. Clear liquids include:

--apple or white grape juice
--broth
--coffee or tea (without milk or creamer)
--clear carbonated beverages, such as ginger ale or lemon-lime soda
--Gatorade or other sports drinks (not red)
--Kool-Aid or other flavored drinks (not red)
--plain Jell-O or other gelatins (not red)
--popsicles (not red)
--water

Note: Avoid red-colored drinks, Jell-o, or popsicles. Do not drink alcohol on the day before or the day of the procedure.

The Fleets Phospho-Soda solution should be mixed by adding 1.5 ounces (3 tablespoons) of the Fleets Phospho-Soda to 4 ounces of a clear liquid beverage, such as ginger ale. Do not exceed the recommended dosage, as serious side effects may occur. It is best to chill the solution and rapidly drink the whole glass rather than continuously sipping small amounts.

**Day of the Procedure: Drink Remaining Solution**

If you have a morning appointment, at 4:00 a.m. drink the second 1.5 ounces of the Fleets Phospho-Soda added to 4 ounces of a clear liquid beverage followed by at least three (3) more 8-ounce portions of clear liquids. Continue to drink until you have taken a minimum of 64 ounces (2 liters) of clear fluid, stopping no later than 2 hours before your appointment.

If you have an afternoon appointment, 4 hours before you leave for your appointment, drink the the second 1.5 ounces of the Fleets Phospho-Soda added to 4 ounces of a clear liquid beverage followed by at least three (3) more 8-ounce portions of clear liquids. Continue to drink until you have taken a minimum of 64 ounces (2 liters) of clear fluid, stopping no later than 2 hours before your appointment.

It is very important that both doses of Fleets Phospho-Soda are taken at least 12 hours apart.

If you have an early morning appointment, you may want to consider a different prep.

**When to Begin Drinking the Solution**

All patients – At 4:00 p.m. drink the first 1.5 ounces of the Fleets Phospho-Soda added to 4 ounces of a clear liquid beverage followed by at least three (3) more 8-ounce portions of clear liquids. Then continue to drink clear liquids until you have taken a minimum of 64 ounces (2 liters) of fluid – this includes the original amount – before you go to bed.

Bloating (a feeling of fullness in your stomach), nausea, and occasional vomiting may occur. Do not be alarmed. If you feel nauseated or vomit while taking the bowel preparation, wait 30 minutes before drinking more fluid and start with small sips of solution. Some activity (such as walking) or a few soda crackers may help decrease the nausea you are feeling. If the nausea persists, please contact your health care provider.

Note: Individual responses to the bowel preparation medication may vary. The solution should cause multiple bowel movements, but may take several hours to work.

**TRANSPORTATION:** A responsible adult must drive you home. The medication given during the procedure may cause drowsiness, making it unsafe for you to drive or operate machinery.

If you have any questions regarding these instructions, please call the location at which your procedure is scheduled (see the last page of this document for phone numbers).
A colonoscopy is an outpatient procedure in which the inside of the large intestine (colon and rectum) is examined. A colonoscopy is commonly used to evaluate gastrointestinal symptoms, such as rectal and intestinal bleeding, abdominal pain, or changes in bowel habits. Colonoscopies are also performed in individuals without symptoms to check for colorectal polyps or cancer. A screening colonoscopy is recommended for anyone 50 years of age and older, and for anyone with parents, siblings or children with a history of colorectal cancer or polyps.

To complete a successful colonoscopy, the bowel must be clean so that the physician can clearly view the colon. **It is very important that you read and follow all of the instructions given to you for your bowel preparation well in advance of the procedure.** Without proper preparation, the colonoscopy will not be successful and the test may have to be repeated.

If you feel nauseated or vomit while taking the bowel preparation, wait 30 minutes before drinking more fluid and start with small sips of solution. Some activity (such as walking) or a few soda crackers may help decrease the nausea you are feeling. If the nausea persists, please contact your health care provider.

You may experience skin irritation around the anus due to the passage of liquid stools. In order to prevent and treat skin irritation, you should:

- Apply Vaseline or Desitin ointment to the skin around the anus before drinking the bowel preparation medications; these products can be purchased at any drug store.
- Wipe the skin after each bowel movement with disposable wet wipes instead of toilet paper. These are found in the toilet paper area of the store.
- Sit in a bathtub filled with warm water for 10 to 15 minutes after you finish passing a stool; after soaking, blot the skin dry with a soft cloth, apply Vaseline or Desitin ointment to the anal area, and place a cotton ball just outside your anus to absorb leaking fluid.

During a colonoscopy, an experienced physician uses a colonoscope (a long, flexible instrument about 1/2 inch in diameter) to view the lining of the colon. The colonoscope is inserted into the rectum and advanced through the large intestine. If necessary during a colonoscopy, small amounts of tissue can be removed for analysis (a biopsy) and polyps can be identified and entirely removed. In many cases, a colonoscopy allows accurate diagnosis and treatment of colorectal problems without the need for a major operation.
You are asked to wear a hospital gown and remove eyeglasses.

You are given a pain reliever and a sedative intravenously (in your vein); you will feel relaxed and somewhat drowsy.

You will lie on the left side, with your knees drawn up towards your chest.

A small amount of air is used to expand the colon so the physician can see the colon walls.

You may feel mild cramping during the procedure; cramping can be reduced by taking slow, deep breaths.

The colonoscope is slowly withdrawn while the lining of your bowel is carefully examined.

The procedure lasts from 30 minutes to one hour.

What Happens After a Colonoscopy

You will stay in a recovery room for observation until you are ready for discharge.

You may feel some cramping or a sensation of having gas, but this quickly passes.

If medication has been given, a responsible adult must drive you home; avoid alcohol, driving, and operating machinery for 24 hours following the procedure.

Unless otherwise instructed, you may immediately resume your normal diet, but we recommend you wait until the day after your procedure to resume normal activities.

If polyps were removed or a biopsy was taken, avoid taking aspirin, products containing aspirin, or anti-inflammatory drugs (such as ibuprofen [Advil, Motrin], naproxen [Naprosyn] or indomethacin [Indocin]) for two (2) weeks after the procedure to help decrease the risk of bleeding; you may take acetaminophen (such as Tylenol) if needed.

If you are taking Coumadin, Plavix, Ticlid, or Agrylin, the physician performing your colonoscopy will advise you when it is safe to resume your blood thinners.

If a biopsy was taken or a polyp was removed, you may notice light rectal bleeding for one to two days after the procedure; large amounts of bleeding, the passage of clots, or abdominal pain should be immediately reported.

Contact Information

If you are unable to keep your appointment or if you have any questions or concerns, please call the location at which you are having your procedure:

Main Campus
Department of Gastroenterology and Hepatology, Desk A-30
9500 Euclid Avenue
Cleveland, OH 44195
216/444-6536

Main Campus
Department of Colorectal Surgery, Desk A-30
9500 Euclid Avenue
Cleveland, OH 44195
216/444-5404

Beachwood Family Health and Surgery Center
26900 Cedar Road, Ste. 30-N
Beachwood, OH 44122
216/839-3333

Independence Family Health Center
5001 Rockside Road
Crown Centre II
Independence, OH 44131
216/986-4000

Lorain Family Health and Surgery Center
5700 Cooper Foster Park Road
Lorain, OH 44053
440/204-7400

Strongsville Family Health and Surgery Center
16761 SouthPark Center
Strongsville, OH 44136
440/878-3400

Westlake Family Health Center
30033 Clemens Road
Westlake, OH 44145
440/808-7878

Cleveland Clinic Wooster
1740 Cleveland Road
Wooster, OH 44691
330/287-4500

Digestive Disease Center at Cleveland Clinic