

INSTRUCTIONS FOR COLONOSCOPY
READ CAREFULLY 2 DAYS BEFORE THE EXAMINATION

You will need to obtain **two (2) 1½ fl. oz. bottles of Fleet Phospho-soda** (also available in a 3 fl. oz. size) in the laxative section at any pharmacy.

DO NOT EXCEED THE RECOMMENDED DOSAGE GIVEN IN INSTRUCTIONS, AS SERIOUS SIDE EFFECTS MAY OCCUR

Note: Individual responses to laxatives do vary; this prep may cause multiple bowel movements. Often works within 30 minutes; may take as long as 3 hours. Please remain within easy toilet facilities. If you are taking medication (including aspirin or aspirin containing products), consult your physician for additional instructions before beginning this procedure.

DAY BEFORE EXAMINATION

1) **Drink only “clear liquids” for breakfast, lunch, and dinner. Solid foods, milk or milk products are not allowed.**

“CLEAR LIQUIDS” INCLUDE:

- Strained fruit juices without pulp (apple, white grape, lemonade)
- Water, clear broth or bouillon
- Coffee or tea (without milk or non-dairy creamer)
- **All of the following that are not colored red or purple, which includes Gatorade, carbonated and non-carbonated soft drinks, Kool-aid or other fruit flavored drinks, plain jell-o without added fruits or toppings, and ice popsicles**

2) **5:00 PM and again at 8:00 PM**

- Add 1½ fl. oz. (3 tablespoon) Fleet Phospho-soda to one-half glass (4 fl. oz. cool water) and drink
- Follow with one full glass (8 fl. oz.) of approved “clear liquids”

3) Drink at least three (3) more 8 fl. oz. portions of “clear liquids” before retiring, more if desired.

NOTHING ELSE BY MOUTH AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE

CANCELLATION FEE: There will be a \$75.00 charge to patient for any cancellation **less than 48 hrs.** You will be directly responsible for this charge. This will not be billed to your insurance.

*** 2 WEEKS before your procedure, you must call St. Luke’s Hospital to pre-register at 832-355-8177 or 832-355-8046 ***

Thank you