




# Gastroenterology Associates

Gastroenterology and Hepatology

www.gastroassociates.org

## COLONOSCOPY PREPARATION INSTRUCTIONS – Fleet Phospho-Soda

Appointment Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ AM/PM Doctor: \_\_\_\_\_

7 Days Before	4 Days Before	3 Days Before	Day Before	Day of Procedure
<p><input type="checkbox"/> <b>Stop</b> the following medications: Aspirin, Iron and multi-vitamins with iron, Aggrenox, Plavix, Clopidogrel</p> <p><input type="checkbox"/> Tylenol and Acetaminophen are <b>okay to take</b></p> <p><input type="checkbox"/> Purchase 3 ounces of Fleet Phospho-Soda Oral solution over-the-counter at your local drug store.</p> <div style="display: flex; align-items: center;">  <p><b>DO NOT take this medication if you have not thoroughly discussed it with your provider or if you have a history of congestive heart failure, kidney problems, or kidney failure</b></p> </div> <p><input type="checkbox"/> Read Instruction sheet (front and back)</p> <p><input type="checkbox"/> Read Drivers Responsibilities sheet</p> <p><input type="checkbox"/> If diabetic, read Pre-Procedure Diabetes Medication Instruction sheet</p>	<p><input type="checkbox"/> Stop blood thinners such as: Warfarin, Coumadin</p> <p><input type="checkbox"/> Confirm driver</p> <div style="text-align: center;">  <p>No Driver = No Sedation</p> </div>	<p><input type="checkbox"/> Stop arthritis pills and anti-inflammatories such as: Ibuprofen, Advil, Motrin, Aleve, Naprosyn, Relafen</p> <p><input type="checkbox"/> Stop fiber supplements such as: Metamucil, Citrucel, and Benefiber</p> <p><input type="checkbox"/> Do <b>NOT</b> stop Prednisone</p> <p><input type="checkbox"/> Stop eating berries, nuts and seeds</p>	<p><input type="checkbox"/> No <b>solid</b> food</p> <p><input type="checkbox"/> Have a clear liquid breakfast, lunch and dinner</p> <p><input type="checkbox"/> Drink at least 8 glasses of clear liquids throughout the day and evening to stay hydrated</p> <p><b>Clear liquids</b> include: apple juice, white grape juice and cranberry juice; beef, chicken or vegetable broth; plain tea, black coffee; soda pop, sports drinks, Gatorade, Crystal Light, Kool-aid, Jell-O, Popsicles, (<b>No red dye</b>), and water</p> <p><input type="checkbox"/> <b>No dairy, No juice with pulp, No alcohol</b></p> <div style="text-align: center;">  <p>Mark each time you drink an 8 oz glass</p> </div> <p><input type="checkbox"/> 6:00 pm pour three 8 oz glasses of a clear liquid of your choice (Ginger Ale or apple juice may be more palatable than water)</p> <p><input type="checkbox"/> Put one <u>Tablespoon</u> of Fleet Phospho-Soda in <b>each</b> glass. Drink all three glasses of preparation solution within one hour (i.e., one at 6:00 pm, 6:20 pm and 6:40 pm). At some point during or after drinking the preparation you will begin to have diarrhea. The timing of this varies from person to person.</p> <p><input type="checkbox"/> You must drink a minimum of three more 8 oz glasses of clear liquid between 7:00 pm and 10:00 pm. Continue to drink clear liquids throughout the evening.</p> <p><input type="checkbox"/> If you are on Lovenox injections, stop 12 hours before appointment</p>	<p><input type="checkbox"/> <b>6:00 am</b> pour three 8 oz glasses of a clear liquid of your choice. Put one <u>Tablespoon</u> of Fleet Phospho-Soda in <b>each</b> glass. Drink all three glasses of preparation solution within one hour (i.e., one at 6:00am, 6:20 am and 6:40 am).</p> <p><input type="checkbox"/> <b>NO</b> solid food. You may drink clear liquids until <u>4 hours before</u> your appointment then <b>Stop drinking all fluids</b></p> <p><input type="checkbox"/> <b>DO NOT</b> take any diabetes medication</p> <p><input type="checkbox"/> <b>DO</b> take blood pressure, heart, lung, seizure, and psychiatric medication</p> <p><input type="checkbox"/> Wear comfortable clothing, including socks, to keep your feet warm</p> <p><input type="checkbox"/> Do not wear jewelry, tight belts, pantyhose, cologne or perfume</p> <p><input type="checkbox"/> Leave money and other valuables at home</p> <p><input type="checkbox"/> Your driver must remain in the Endoscopy waiting area during your stay, approximately 2-2½ hours from your arrival time</p> <p><input type="checkbox"/> Bring insurance card(s), co-pay (if required), and driver's license or photo ID</p>

**If you have questions call (360) 413-8250 \*\*\*Read back of this form for tips and other information\*\*\***

## Tips and Other Information

### Your procedure is scheduled at:

- Gastroenterology Associates Endoscopy Center (360) 413-8250**  
Memorial Medical Plaza, Suite 150 (1<sup>st</sup> Floor, turn left inside Main Entrance)  
500 Lilly Road N.E., **Suite 150**, Olympia, WA 98506
- Providence St. Peter Hospital Endoscopy Center (360) 413-8250**  
413 Lilly Road N.E., Olympia, WA 98506 (Admission Desk in Main Lobby)
- Grays Harbor Community Hospital East Campus (360) 538-4343**  
1006 North "H" Street, Aberdeen, WA 98520 (GI Clinic Admission Desk)
- Mason General Hospital (360) 427-2733**  
901 Mountain View Drive, Shelton, WA 98584 (Front Desk in Main Lobby)

### In Planning Your Procedure, Have You Told Us If You:

- Could be pregnant
- Have had a recent hospitalization or major health event

### Mixing Your Bowel Preparation:

- Although instructions may be included with the container, **MIX** preparation according to instructions on the front side of this form.

### Taking Your Bowel Preparation:

- The colon must be thoroughly cleansed prior to your procedure. Bowel movements will be different for everyone. Some people have diarrhea soon after taking the liquid preparation and some people don't have diarrhea until later in the evening.
- Drinking the liquid from a straw may help you get it down easier.
- Flushable wet wipes instead of toilet paper may make you more comfortable.
- If you feel chilled while drinking the preparation, taking a warm shower or putting on warm clothing may make you more comfortable.
- Your bowel movement should be liquid, like water, with no brown bits. Some amount of yellow/green color is normal.
- If your bowel movement is not watery or clear enough to see through after completing the preparation the day of the procedure, call (360) 413-8250, after 8:30 am, to speak to your physician.

### On Your Procedure Day:

- You must bring a driver at least 18 years of age with you to your procedure. We ask that your companion remain in the Endoscopy Center waiting area throughout your procedure and recovery (Read the Driver's Responsibilities form included).
- Plan to be here 2-2 ½ hours. Procedure time will be much less than that.
- Your judgment and reflexes may be impaired due to the sedatives you will receive. You will not be able to drive, operate machinery, sign legal documents, drink alcoholic beverages, or go to work until the following day.
- We discourage going "out" to eat at a restaurant after your procedure, plan your first meal at home.
- At Gastroenterology Associates Endoscopy Center in Olympia you may wear a short sleeved shirt during your procedure.

Visit our Website at [www.gastroassociates.org](http://www.gastroassociates.org) to take a virtual tour of our facility or obtain more information

**\*\*\*Read front of this form for full instructions\*\*\***