

MCDONALD ARMY HEALTH CENTER  
FORT EUSTIS, VIRGINIA  
GASTROENTEROLOGY

**Preparing for your Colonoscopy with Fleets Phospho-Soda**

Patient:

Procedure Date:

Please call (757) 314-7863 between 1200 and 1400 one duty day before your procedure to confirm your arrival time. Patients having their procedure on Monday or just after a holiday need to call the last working day before your procedure.

**Seven Days Prior to Your Procedure**

1. Discontinue any aspirin or ibuprofen containing products. These medications may cause excessive bleeding and may result in the postponement of your procedure. DO NOT resume taking these medications until the physician has given you instruction to do so. You may take Tylenol. Do not take Coumadin for \_\_\_\_\_ days prior to your procedure.

**One Day Prior to Your Procedure**

2. Drink only clear liquids. This includes water, clear fruit juices, bouillon, black coffee and tea, soda, Ensure or plain Jell-O (No red Jell-O please). No solid foods, milk or milk products.
3. The late afternoon / early evening before your procedure, add (1) 1 ½ oz. Fleet's Phosphosoda to a half of a glass any clear liquid (ex. Ginger ale or 7-up) and drink. Follow this with at least 3 big glasses (24 oz) of any clear liquid

**The Day of Your Procedure**

4. 0500 take your 2<sup>nd</sup> 1 ½ oz. Fleet's Phosphosoda following the same steps as the 1<sup>st</sup>.
5. Take your usual heart or blood pressure medication with a small sip of water.
6. Take nothing by mouth within 2 hours of your scheduled arrival time.
7. You MUST have someone (18 years and older) accompany you to the hospital, remain during the procedure, and drive you home following the procedure. This person will receive discharge instructions regarding your well being for the rest of the day. The physician will speak to the person accompanying you regarding any findings during the procedure.
8. Do not bring any valuables with you. **DO NOT** bring children to the Health Center. Do not wear jewelry, excessive makeup, fingernail polish or lotions. It is advisable to wear comfortable loose fitting clothing.
9. Report to the 2<sup>nd</sup> Floor Rm 209 to check in. In the event you cannot make it to your procedure please phone 314-7660. If you are cancelling on the day of your procedure please call 314-7863.