

If you have any questions or concerns, please call the GI Lab at 312-926-7614.

Colonoscopy Preparation: Fleet Phospho-Soda[®] (Buffered Oral Saline Laxative)

The following provides details about the diet and bowel preparation needed prior to a colonoscopy. The colon must be fully emptied so the doctor can view the area. For this test, you need to buy two 1½-ounce bottles or one 3-ounce bottle of Fleet Phospho-Soda[®] buffered oral saline laxative. It is sold without a prescription at most drug stores.

Day Before Your Test

Diet

Take only a clear liquid diet for breakfast, lunch and dinner. This includes:

Beverages: No alcohol, milk or cream (powdered or liquid) is allowed. You may have:

- Water
- Clear soda (Sprite[®], ginger ale),
- Clear, pulp-free fruit juices (apple, white grape juice, or lemonade)
- Coffee or tea

Desserts: Plain gelatin or popsicles (any color but red)

Seasoning: Only salt, sugar or sugar substitutes (Sweet and Low[®])

Soups: Clear broth or bouillon (chicken or beef)

Sample Meal Plan:

Breakfast

White grape juice
Clear broth
Plain gelatin
Coffee

Lunch

Apple juice
Clear broth
Popsicle
Tea

Dinner

Lemon-Lime soda
Clear broth
Plain gelatin
Lemonade

Fleet Phospho-Soda® Solution

3 p.m.

- Add the 1½ ounces of Fleet Phospho-Soda® to 8 ounces of water, ginger ale or clear lemon-lime soda and drink.
- Next, drink at least 3 more 8-ounce glasses of a clear liquid (see above list of clear liquids).

You must finish the entire Fleet Phospho-Soda® solution along with 3 more glasses of clear liquids. After drinking all these liquids, you may feel bloated. However, this feeling eases as you begin to have bowel movements.

7 p.m.

- Add the second 1½ ounces of Fleet Phospho-Soda® to 8 ounces of water, ginger ale or clear soda and drink.
- Next, drink at least 3 more 8-ounce glasses of a clear liquid (see above list of clear liquids).

Once again, it is important to finish the entire Fleet Phospho-Soda® solution along with 3 more glasses of clear liquids.

Day of the Test

After midnight, you may have only sips of water until 3 hours before the time of your test.

Health Information Resources

For more information, visit one of Northwestern Memorial Hospital's Health Learning Centers. These state-of-the-art health libraries are located on the third floor of the Galter Pavilion and on the first floor of the Prentice Women's Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nmh.org.

For additional information about Northwestern Memorial Hospital, please visit our Web site at www.nmh.org.

Para asistencia en español, por favor llamar a el departamento de representantes para pacientes al 312-926-3112.

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