

# **GASTROENTEROLOGY CONSULTANTS OF GREATER CINCINNATI**

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## **INSTRUCTIONS FOR OUT PATIENT COLONOSCOPY FLEET'S PHOSPHO-SODA LAXATIVE WITH DULCOLAX TABLETS**

Please arrive in the REGISTRATION area at \_\_\_\_\_

TIME \_\_\_\_\_

DATE \_\_\_\_\_

PHYSICIAN \_\_\_\_\_

**The Fleets Prep should not be used in people over the age of 65. People taking medications (especially blood pressure medications, water pills, and certain pain relievers) should not use this prep. Please contact our office for another prep if you are over the age of 65 or on any chronic medications.**

### **PRIOR TO PROCEDURE:**

#### **YOU WILL NEED TO PURCHASE:**

- 2 Fleets Phosphosoda Oral Laxative 1.5 ounce bottles or Fleets Accu Prep Kit
- 4 DULCOLAX (bisacodyl) LAXATIVE TABLETS
- Diaper Rash Cream-optional
- These are available over the counter-no prescription required

**MEDICATIONS:** In general, all medications should be continued in routine dosage EXCEPT medications that will affect blood clotting. If you are on any sort of blood clotting medication, your physician should approve you stopping the medicine. The following are the drugs that will require some individualized instructions:

- Please stop **COUMADIN (Warfarin) 4 days** prior to your procedure. Contact the physician that prescribes this medication for you for their approval before you stop.
- Please stop **PLAVIX (Clopidogrel) 7 days** prior to your procedure. Contact the physician that prescribes this medication for you for their approval before you stop.
- Do not take any **ASPIRIN** or anti-inflammatory medications such as **ibuprofen (Advil, Motrin), naproxen (Aleve), celecoxib (Celebrex), valdecoxib (Bextra)** or other arthritis medications for **3 days** prior to your procedure. This is not mandatory –ask your physician if you have questions. Tylenol (acetaminophen) is permitted.
- If you are **DIABETIC**, do not take your oral diabetes medications the day of your procedure. Bring them with you so that you can take them after your procedure.
- If you are **DIABETIC** and you take **INSULIN**, take half of your evening dose the day before your procedure. **DO NOT TAKE ANY INSULIN THE MORNING OF YOUR PROCEDURE.**
- Please stop **IRON supplements (Ferrous Sulfate) 7 days** before your procedure.

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- Please ask for special instructions if you take **Heparin, Pletal (cilostazol), Ticlid (ticlopidine), Persantine (dipyridamole), Aggrenox** or any other medication that affects blood clotting.

### **TWO DAYS PRIOR TO PROCEDURE**

Take 2 DULCOLAX (bisacodyl) LAXATIVE TABLETS in the evening before bed.

### **DAY BEFORE PROCEDURE:**

**STEP 1:** Start a clear liquid diet all day. We encourage you to drink frequently to keep yourself well hydrated.

#### **CLEAR LIQUID DIET**

**Any Clear fruit juice, WITHOUT PULP, soft drinks, clear broth, (beef or chicken bouillon is fine), coffee, tea, Kool-aid, Gatorade, Jello, Gelatin, and regular Popsicles, any type of hard candy, but no soft centers or chocolate. No milk or dairy products. NOTHING WITH RED, BLUE OR PURPLE COLORING.**

**STEP 2:** At 6:00 p.m. start the 1<sup>st</sup> serving of Fleets Phosphosoda.  
A serving of Fleets Phosphosoda is made by mixing ½ ounce (1 tablespoonful) of Fleets Phosphosoda into one glass of fluid-i.e.water, apple juice or ginger ale, etc. Drink one serving every 15 minutes for a total of 3 doses.

**STEP 3:** Take the remaining 2 Dulcolax tablets before bedtime.

### **MORNING OF PROCEDURE**

**STEP 4:** At 6:00 a.m. start the 2<sup>nd</sup> serving of Fleets Phosphosoda.  
A serving of Fleets Phosphosoda is made by mixing ½ ounce (1 tablespoonful) of Fleets Phosphosoda into one glass of fluid-i.e.water, apple juice or ginger ale, etc. Drink one serving every 15 minutes for a total of 3 doses. You should complete all of the Fleets Phosphosoda.

### **FINAL INSTRUCTIONS**

- This exam is most successful if these instructions are followed exactly as stated.
- If you use a CPAP machine at night for sleep apnea, please bring this with you.
- Bring a list of your current medications (including dosages with you).
- Verify any questions about co-pays with your insurance.

*\*\*\*If you have to cancel your exam, please contact us at least 72 hours (3 business days) in advance as a courtesy to other patients and your physician. There is a \$75 charge if you do not give notice*

**PLEASE CALL ME DIRECTLY AT 794-5602 IF YOU HAVE ANY QUESTIONS!!!MICHELLE  
8/18/2006**

<p><b>YOU WILL BE AT THE HOSPITAL FOR APPROXIMATELY 2-4 HOURS. YOU MUST HAVE SOMEONE AVAILABLE TO DRIVE YOU HOME. Please call (513) 794-5600 OHIO or (812) 537-5558 INDIANA if you have any questions.</b></p>
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