



SAN JOSE GASTROENTEROLOGY
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INSTRUCTION FOR COLONOSCOPY – Fleet Phosphate Soda

For the best possible examination, please follow these instructions carefully.

1. Avoid taking Iron pills one week prior to your procedure.

2. One day prior to your procedure:

- Limit your diet to clear liquids such as Jell-O (Avoid Red Color), 7-up, ginger ale, clear broth, apple juice or water.
- Obtain 2 bottles of **45ml Fleet Phosphate Soda:**
 - Mix 1 bottle of 45cc Fleet Phosphate Soda with 8 oz of water, ginge ale, apple juice, gatorade or soft drink and drink it at 6:00pm. Drink two glasses of 8 oz of water or apple juice or soft drink within one hour afterward.
 - Repeat this process again at 9:00pm or 6 AM the day of the procedure, or at least four hours prior to the procedure if your procedure is scheduled late in the day.

3. On day of your procedure:

- You can take your medications with small sips of water on the day of procedure
- **DO NOT** take your diabetic medications or inject insulin on the day before procedure. You can resume your diabetic medications the same day after procedure. If you feel hungry or thirsty, you may have small glass of clear liquid drinks 4 hours prior to procedure.
- STOP the following medications: Aspirin Coumadin Plavix
 Check with physician if you have any questions.

It is imperative that you have someone accompanying and driving you home after your procedure as you will be drowsy and your reflection is impaired due to sedative and pain medications given during the procedure. If you are working, please plan to take the day off.

If you have any questions regarding these instructions or the Colonoscopy procedure, please don't hesitate to contact our center or your doctor's office. Also, if you need reschedule or cancel your appointment, please let us know 72 hours in advance prior to the date of the examination: **408-347-9005**

Thank you.

Important Notes:

- follow the above bowel prep instruction
- leave the jewelry and valuable items at home
- need someone to drive you home

***** Please note, the safety of our patient is very important to us, if you do not have a person to drive you home on the day of your procedure, we reserve the right to cancel your appointment.**

***** Please do not leave children unattended during your procedure. We cannot provide care for the children and are not held responsible for any injury or accident that may occur. Thank you for your cooperation.**