Colonoscopy Instructions

1. Purchase your medication (One 3 ounce Bottle of Fleet Phospho-soda) before leaving the Hospital or at your local pharmacy well in advance of the procedure. A prescription is not required for this medication.

2. TWO DAYS BEFORE THE EXAM:
   For the entire two days before the exam have only clear liquids. Clear liquids include water, black coffee, tea with sugar, gatorade, soda, clear broth (no noodles or vegetables), bouillon, and clear juices such as apple or cranberry juice (no juices with pulp), ices, popsicles and plain jello.
   **NO RED JELLO.**

2b. ONE DAY BEFORE THE EXAM:
   At 7:00 P.M. the night before the procedure mix 1 Tablespoon (½ fluid ounce) of Fleet Phospho-soda with 8 ounces of clear chilled beverage such as Ginger Ale, Lemon/Lime soft drink, or Apple Juice. Repeat this at 7:10 PM and again at 7:20 PM. By 7:30 PM you should have drank three glasses, each with one Tablespoon of Fleet Phospho-soda. Once you have completed the three glasses, you may drink all the clear liquids you desire until midnight. **NOTHING TO DRINK AFTER MIDNIGHT!**

2c. DAY OF YOUR EXAM: At 6 a.m. (or at least 3 hours before you leave for your exam). Mix 1 Tablespoon (1/2 fluid ounce) of Fleet Phospho-soda with 8 ounces of a clear chilled beverage such as Ginger Ale, Lemon/Lime soft drink or Apple Juice. Repeat this at 6:10 AM and again at 6:20 AM. By 6:30 AM you should have drank three glasses each with one Tablespoon of Fleet Phospho-soda.

**IMPORTANT!!**
_After completing the Fleet Phospho-soda, NOTHING TO EAT OR DRINK._ The action of Fleet Phospho-soda usually starts within 30 minutes but may take up to three hours to work.

Medication Instructions

3. Please bring a list of the medications you are currently taking.

4. Iron pills and Pepto Bismol turn stool black and resembles blood in the stool. AVOID these products the week before the procedure.

5. If you take **Aspirin, Ecotrin, Persantine, Coumadin, ibuprofen (Advil, Motrin, Nuprin) or other arthritis medications** STOP these medications one week before the procedure. Tylenol is okay to take for pain. These medications affect the blood's ability to form clots. If you have any questions about stopping these medications, please call your doctor.

6. **You should not eat or drink anything after midnight.** If you are taking **INSULIN** take only ½ your normal insulin dose on the morning of the exam. **DO NOT** take your **DIABETES PILL** on the morning of the exam. **Contact your physician** for any questions. **Please check your blood sugar at home before coming for the test.**
7. If you take Blood Pressure or Heart medication, take it before 7 AM with a sip of water on the day of the test.

8. If you take Prednisone or other steroids take it before 7 AM with a sip of water on the day of the test.

9. If you are not taking any of the above medications, **DO NOT take any other medications until after the procedure.**

10. Because of the effects of the medication, you may be forgetful and will probably feel drowsy after the exam. **You must make prior arrangements for a responsible adult to pick you up from the recovery area and accompany you home - you are not allowed to drive on the day of the exam. You will need an escort to come to the department and take you home, even if you are traveling by taxicab or CTA. THE PROCEDURE WILL BE CANCELLED IF YOU HAVE NOT MADE PRIOR ARRANGEMENT TO BE ESCORTED HOME.**

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**Procedure Location:**

**Medical Special Procedures**
**University Hospital**
**E-Yellow, Suite E-178**
**150 Bergen Street**
**Newark, New Jersey  07103**

For any questions call (973) 972-6077 or 972-5614