

Virtual Colonoscopy Preparation

Please read all instructions carefully. Obtain two (2) 1 ½ fl. Oz. Bottles of Fleet Phospho-soda (Ginger-Lemon flavor or unflavored) at any pharmacy – available over-the-counter without a prescription. (Cost approximately \$3.00 each, \$6.00 total)

ONE DAY BEFORE THE EXAM:

You may have a clear liquid breakfast. Clear liquids consist of: water, tea, coffee (no milk), and/or strained fruit juice. Do not eat any solid food throughout the day.

Between 11 a.m. and 1 p.m. eat a clear liquid lunch. This would also include broth, Jell-O, or Popsicle's.

Between 2 p.m. and 5 p.m. drink the first bottle Fleet Phospho-soda (1 ½ fluid ounces or 3 tablespoons) mixed in a half glass (4 ounces) of water. Drink additional 3 or 4 glasses of plain water. **Five hours after drinking the first Fleet Phospho-soda** (i.e. between 7 pm and 10 pm) **drink the second bottle of Fleet Phospho-soda** (1 ½ ounces or 3 tablespoons) mixed in a half glass (4 ounces) of water. The solution will cause you to have repeated loose stools (diarrhea), which is the expected result. It typically works within 30 minutes but may take as long as 3 hours to have an effect. During the remainder of the evening you may drink clear liquids if desired but do not eat solid foods until the procedure is completed the following day. **Do not exceed the recommended Fleet Phospho-soda dosage as serious side effects may occur.**

THE MORNING OF THE EXAMINATION:

You should take your regular medications with water, unless otherwise instructed by your physician. If you have an afternoon procedure, you may have clear liquids until 10 a.m. **If you are a diabetic, take ½ your usual dose** of insulin on the morning of the procedure. If you take a "diabetes pill" you may skip it on the morning of the procedure unless instructed otherwise. If you have any other questions regarding your medications, please call your primary care physician.