

Colonoscopy

with Fleets Phosphosoda Bowel Prep

Colonoscopy is a test that looks for diseases of the large intestine. A tube is guided into your rectum and then into your large intestine, also called the colon. Your doctor is able to see the inside of your colon. Your doctor may also:

- Collect cells
- Remove a small tissue sample called a biopsy
- Remove growths called polyps

An adult family member or friend needs to come with you to take you home after the test. It is not safe for you to drive or leave alone.

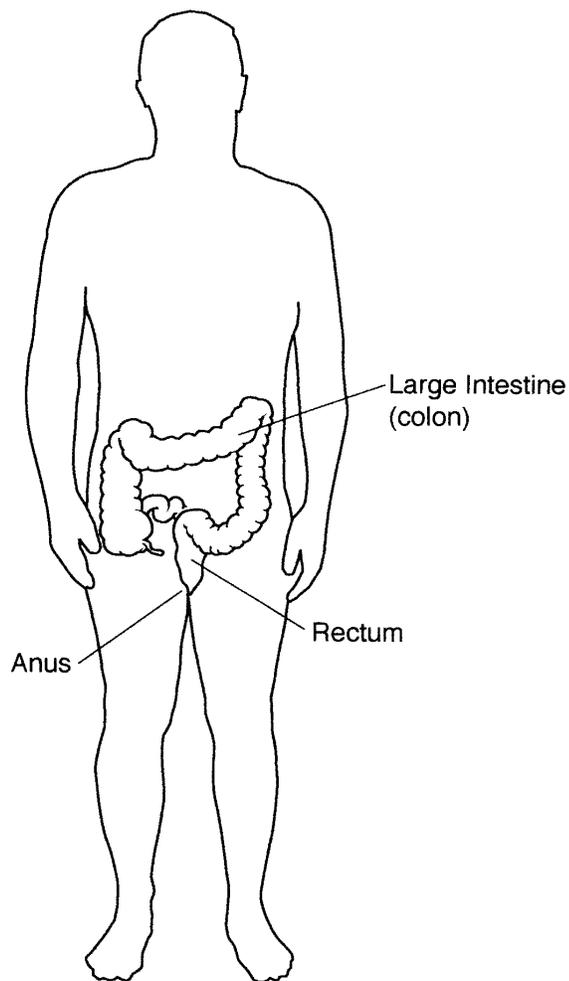
Arrive on time for your test. Plan to be here 2-3 hours. The test takes about 30 minutes.

To Prepare

- You will need to buy the checked items from a pharmacy:
 - Fleets Phosphosoda, 3-ounce bottle
 - Fleets enema

There may be store brands of these products that cost less. Ask the pharmacist to help you.

- Do not use aspirin products or iron tablets for one week before the test.
- Tell your doctor if you are diabetic or take blood thinners.
- Ask your doctor if you should take your medicines the morning of the



test. If so, take with sips of water only.

- Before the test, tell the staff:
 - About any medicines you are taking. Include all prescription and over-the-counter medicines, vitamins and herbs you use.
 - If you have any allergies.
 - About your health history and any surgeries you have had.
 - If you may be pregnant.

The Day Before Your Test

- **Do not** eat solid food or drink milk products.
- **Do not** drink any red or purple liquids. Drink clear liquids only, such as:
 - Water
 - Clear broth or bouillon
 - Clear fruit juices without pulp such as apple, white grape, and lemonade
 - Clear drinks such as lemon-lime soda, Kool-aid or sport drinks.
 - Coffee or tea without milk or nondairy creamer
 - Jello or popsicles
- At 2 PM, begin the bowel clean out by drinking the phosphosoda.
 - Add half the bottle of the phosphosoda to a 4 ounce or 120 milliliter glass of water or apple juice.
 - Drink 8 ounces or 240 milliliters of water after this.
 - Continue to drink liquids through the day.
- You may need to get to the toilet right away. You will have a loose watery bowel movement in about 1 hour. You will have bowel movements through the day. They will become watery. Your bowels are clean when there is only pale yellow fluid without stool.
- At 4 PM, repeat the dose of phosphosoda. Mix the other half of the phosphosoda with 4 ounces or 120 milliliters of water and drink it.
- At 10 PM, **if ordered by your doctor**, use the Fleets enema. To use the enema:

1. Shake the bottle.
 2. Remove the orange plastic cover on the tip of the bottle.
 3. Lie on your left side with your right knee bent and your arms relaxed.
 4. Gently put the bottle tip into your rectum. Push as if you are having a bowel movement. This will relax the muscles so the tip goes in easier.
 5. Stop pushing and take slow, deep breaths.
 6. Squeeze the bottle until most of the liquid is in your rectum.
 7. Remove the tip from your rectum. Lie on your left side and squeeze your buttocks to hold the liquid in your rectum.
 8. You will have a strong urge to have a bowel movement in about 5 minutes. Hold the liquid in as long as you can.
 9. Use the toilet.
 10. Wash your hands with soap and water.
- After 12 midnight, **do not** eat or drink anything, including water, and **do not** smoke.

On the Day of the Test

- **Do not** take your morning medicines unless told to do so by your doctor.

During the Test

- You will wear a hospital gown.
- An IV (intravenous) is put in a vein in your arm. Medicine to make you relaxed and sleepy is put into the IV.
- You will lie on your left side. You may be asked to pull your knees up towards your chest.
- The tube is slowly put into your rectum and through your colon. You may feel an urge to move your bowels.
- Breathe deeply and slowly through your mouth to help you relax.
- When the tube is in place, air may be put into the colon through the tube.

- You should feel little pain during the test.
- The colon is checked and then the tube is removed.

After the Test

- Medicines given during the test will make you sleepy. You will need to have an adult family member or friend take you home for your safety.
- You stay in the test area until most of the effects of the medicine wears off.
- You may have gas after the test because of the air put in your colon.
- You can return to your normal diet after the test. If a polyp is removed, your doctor may limit your diet for short time.
- You may have a small amount of blood from the rectum. This is normal.
- Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.