

**Fleet Phospho-Soda Bowel Preparation**  
(Total dose is 90 mls)

*\*Please do not use if you have congestive heart failure or renal failure\**

**\*\*No prescription is necessary for this preparation\*\***

**At least two days prior to the examination:**

Please read all instructions carefully. Obtain two (2) 1 ½ oz. bottles of Fleet Phospho-Soda at any pharmacy – available over-the-counter, without a prescription.

**One day prior to the exam:**

You may have a **clear liquid breakfast**. Do not eat any solid food throughout the day.

Between **11:00am & 1:00pm** eat a clear liquid lunch.

Between **2:00pm & 5:00pm** drink Fleet Phospho-Soda (1 ½ oz) mixed in a half glass (4oz) of water. (Many prefer mixing Fleet with ginger ale.) Following this, you should drink 3-4 glasses of water or other clear liquid. Five hours after drinking the first Fleet Phospho-Soda (i.e. between 7:00pm & 10:00pm) **drink a second Fleet Phospho-Soda** (1 ½ oz.) mixed in a half glass (4oz.) of water. Drink an additional 4 glasses of water or other clear liquid with the second dose of Fleet Phospho-Soda.

During the remainder of the evening please drink clear liquids, but do not eat any solid food.

Do not have anything to eat or drink the morning of the procedure.

**Do not exceed the recommended Fleet Phospho-Soda dosage as serious electrolyte changes may occur.**

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE THE PROCEDURE. EATING OR DRINKING MAY CAUSE YOUR PROCEDURE TO BE DELAYED OR RESCHEDULED.**

We are available to answer all questions 24 hours/day. Please contact the GI Fellow on call with all questions or concerns at (617)638-8000. This will connect you to the operator and simply ask for "The GI Fellow on Call" to be paged.