

## PHOSPHO SODA PREP FOR COLONOSCOPY

### DAY BEFORE PROCEDURE:

1. **NO SOLID FOODS ALL DAY.**
2. **CLEAR LIQUID DIET ALL DAY.** Examples: Black coffee, tea, apple juice, white grape juice, soft drinks, Gatorade, Tang, bouillon (chicken, beef or vegetable), plain Jell-O, Popsicles, and hard candy. **NO RED DRINKS, RED JELL-O, OR RED JUICES. NO MILK OR MILK PRODUCTS.**
3. At 12:00 noon take two (2) Dicolax tablets
4. At 7:00 p.m. take 1 ½ ounces (3 tablespoons) Phospho Soda in a half glass (4 oz.) of water.
5. During the evening drink three (3) 8 ounce glasses of plain water or clear fruit juice.

### DAY OF PROCEDURE:

1. At 6:00 a.m. take 1 ½ ounces (3 tablespoons) Phospho Soda in a half glass (4 oz.) of water.
2. Throughout the morning drink three (3) 8 ounce glasses of plain water or clear fruit juice.
3. Then **Do not eat or drink anything, not even water.** You may brush your teeth.
4. SPECIAL INSTRUCTIONS FOR ROUTINE MEDICATIONS:

Heart Medicines	Take with a sip of water only
Blood Pressure Medicine	Take with a sip of water only
Insulin	_____
Blood thinner	Stop 5 days before procedure
Aspirin or aspirin like products	Stop 5 days before procedure
Advil, Motrin, Ibuprofen, Naprysn, Goodies, BC's et.	Stop 5 days before procedure
Iron Preparations	Stop 3 days before procedure
Vitamin E	Stop 5 days before procedure
Oral Diabetic Medicines	Hold morning of procedure
Other	_____
3. IF YOU ARE DIABETIC: CHECK YOUR BLOOD SUGAR PRIOR TO COMING TO THE OFFICE FOR YOUR PROCEDURE.

4. **REPORT to: 2675 N. Decatur Road, Suite 506, Decatur, GA 30033**

or

**Dekalb Medical Center (go through ER entrance)**

Arrival Time \_\_\_\_\_ Scheduled time \_\_\_\_\_ Day \_\_\_\_\_ Date \_\_\_\_\_

5. **NO RIDE – NO PROCEDURE. SOMEONE MUST ACCOMPANY YOU, AND DRIVE YOU HOME. Afternoon procedures, ride must stay on premises.**
6. Bring a list of all of your medications (Prescription and over the counter)
7. Plan to be at the office or hospital 1 ½ to 2 1/2 hours.
8. If you have any further questions or need to reschedule, please call the office at **(404) 299-1679** as soon as possible. Ask to speak to **Tamara**

You will be required to pay any outstanding balances or co-pays prior to the procedure being performed.