

Marin Gastroenterology
1350 S. Eliseo Drive, Suite130, Greenbrae, CA 94904
(415) 925-6900 Fax (415) 925-6919
www.MarinGastro.com

COLONOSCOPY PREPARATION WITH SALINE LAXATIVES (PHOSPHATE SODAS)

Follow the steps below to make sure that your colon is completely clean before your colonoscopy.

- Obtain either two 1-½ fl. oz bottles or one 3 fl. oz bottle of *Saline Laxative* (Brand name Fleet Phospho-Soda® or a generic alternative) from any pharmacy. It does not matter if it is flavored or not. Look for it in the laxative aisle.
- On the day before your colonoscopy, drink only “clear liquids” for breakfast, lunch and dinner. Solid foods, milk or milk products are not allowed. Please avoid any red or purple colored liquids.
- Do not use a *Saline Laxative* nor follow these instructions if you have kidney failure, are on dialysis, or if you have heart failure. If this applies, call your doctor to discuss alternatives.

Try to drink at least 24 cups (6 liters) of clear liquid to prevent dehydration.

“CLEAR LIQUIDS” include:

- strained fruit juices without pulp (apple, white grape, lemonade)
- water, tea, coffee (without milk or non-diary creamer)
- clear broth or chicken, beef or vegetable bouillon
- Kool-Aid®, soda (e.g. Pepsi®, Coke®, 7-UP®) carbonated and non-carbonated soft drinks
- Plain Jell-O® (without added fruits or toppings), Ice Popsicles
- Alcohol is not recommended since it may cause dehydration.

- **Oral Saline Laxatives (Phosphate Sodas)** are powerful laxatives that will clear your colon of stool. It often works within 30 minutes of the first dose, but may take longer than 4 hours to work. Take the *Phosphate soda* as directed below. Please complete the entire preparation, as instructed even if you think that your colon is clear after the first dose of laxative.

DISREGARD THE DOSING DIRECTIONS ON THE PHOSPHATE-SODA BOX.

Saline Laxatives have a strong, salty taste. Sucking on an ice cube and a slice of lime may mask the taste.

You should dilute the *Phosphate-soda* 1-½ fl. oz with a minimum of 2 fl. oz of clear juice or limeade concentrate before drinking. Alternatively, you may dilute the *Phosphate-soda* 1-½ fl. oz in up to 24 fl. oz of soda (ginger ale works well) or clear juice and drink over 60 minutes.

- **When to take the *Phosphate-soda*:**

If the arrival time of your procedure is before 10:00am:

- Take 1-½ fl. oz of *Phosphate-soda* at 4 pm the day before your colonoscopy.
- Take a second 1-½ fl. oz dose of *Phosphate-soda* at 8 pm the day before your colonoscopy.
- Continue to take clear liquids after the second dose of *Phosphate-soda* until 3 hours before your arrival time.

If the arrival time of your procedure is after 10:00am:

- Take 1-½ fl. oz of *Phosphate-soda* at 7 pm the day before your colonoscopy.
- Take a second 1-½ fl. oz dose of *Phosphate-Soda* at least 4 hours before you need to leave your home on the day of your colonoscopy.
- Continue to take clear liquids after the second dose of *Phosphate-soda* until 3 hours before your arrival time.

Continue to drink clear liquids until 3 hours before your appointment arrival time.

Do not take anything by mouth for three hours before your appointment arrival time at the hospital or Endoscopy Center.

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