

# Fleet Phospho-soda ACCU-PREP

## Bowel Preparation Instructions

READ CAREFULLY. DO NOT EXCEED RECOMMENDED DOSAGE AS SERIOUS SIDE EFFECTS MAY OCCUR. (SEE PACKAGE FOR OTHER IMPORTANT WARNINGS.)

- Follow the steps listed below, or as your doctor has otherwise prescribed.
- If you are taking medication (including aspirin or aspirin-containing products), consult your doctor for additional instructions before beginning this procedure.

### **Day before exam**

#### **Breakfast**

Have a light breakfast which may include:

- Any items from the “Clear Liquids Diet List” below.
- One boiled or poached egg or small portion of skinless chicken/turkey or fish
- White toast – no butter
- One 8 oz can of Ensure. Do NOT take Ensure Plus.

#### **Morning**

Drink all the clear liquids you like from the “Clear Liquids Diet List” below.

#### ***Clear Liquids Diet List – Do NOT drink or eat anything colored red or purple.***

- Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc.), Gatorade, Kool-Aid
- Strained fruit juices without pulp (apple, white grape, orange, lemonade, etc.)
- Water, tea, or coffee – NO milk or non-dairy creamer. Sweeteners are ok.
- Low sodium chicken or beef bouillon/broth
- Hard candies
- Jell-O (lemon, lime or orange) – NO fruit or toppings
- Popsicles – NO sherbets or fruit bars

#### **Lunch**

Drink all the clear liquids you like.

#### **Afternoon**

Drink all the clear liquids you like.

#### **Dinner**

Drink all the clear liquids you like.

#### **7:00 PM**

Take the first does of Fleet Phospho-Soda ACCU-PREP, following the direction inside the ACCU-PREP carton.

*(Continued on next page)*

**Evening**

Drink at least 3 more glasses (8oz each) of clear liquids. Then you may drink all the clear liquids you desire.

**\*\*\*Individual response to laxatives will vary. This prep often works within 30 minutes but may take as long as 3 hours. Remain close to a toilet as multiple bowel movements will occur.**

**Day of Exam****6:00 AM (or at least 3 hours before you leave for you exam)**

Take the second dose of Fleet Phospho-Soda ACCU-PREP, following the directions inside the ACCU-PREP carton.

Call the office at 770-532-6341 should you have any questions.