



Kendrick Regional Center

Surgical expertise you can trust.

NAME: _____

DATE OF PROCEDURE: _____

ARRIVE AT ADMITTING DEPT: _____ A.M. P.M.

PROCEDURE: _____

- REPORT TO:**
- ADMITTING DEPT. AT ST. FRANCIS MOORESVILLE – RED PARKING LOT
 - MOORESVILLE SURGERY CENTER – ST. FRANCIS MOORESVILLE
GREEN PARKING LOT - 1ST FLOOR – SUITE 100
 - MOORESVILLE ENDOSCOPY CENTER – ST. FRANCIS MOORESVILLE
GREEN PARKING LOT - 1ST FLOOR – SUITE 101
 - ADMITTING DEPARTMENT ST. FRANCIS BEECH GROVE
 - FRANCISCAN SURGERY CENTER AT ST. FRANCIS SOUTH CAMPUS
 - COMMUNITY HOSPITAL SOUTH – ADMITTING DEPARTMENT

****BRING SOMEONE WITH YOU TO DRIVE YOU HOME****

FOR CANCELLATION OF THIS PROCEDURE, AT LEAST 24 HOURS NOTIFICATION IS REQUIRED

Fleet Phospha-soda is a salt-based laxative that provides bowel cleansing through increasing the retention of water in the intestine, which in turn promotes bowel movements. It is useful in preparing the colon for colonoscopy and various colon and rectal surgeries. This particular preparation has been chosen for you because of the reduced volume of the solution and its decreased amount of abdominal discomfort.

BOWEL PREP INSTRUCTIONS: PURCHASE AT PHARMACY WITHOUT A PRESCRIPTION:
3 OUNCE BOTTLE OF FLEET PHOSPHA-SODA, 4 DULCOLAX TABLETS, MILK OF MAGNESIA

TWO DAYS BEFORE YOUR PROCEDURE: TAKE 2 TABLESPOONS MILK OF MAGNESIA IN THE MORNING AND IN THE EVENING FOLLOWED BY A GLASS OF WATER.

THE DAY BEFORE YOUR PROCEDURE:, FOLLOW A CLEAR LIQUID DIET - ANY LIQUID THAT YOU CAN SEE THROUGH SUCH AS: BROTH, TEA, COFFEE, JELL-O, SOFT DRINKS, POPSICLES, CLEAR JUICES (APPLE, CRANBERRY), OR SPORTS DRINKS (GATORADE). ****NO RED COLORING OR DAIRY PRODUCTS****

AT NOON (OR 6 PM):

MIX ½ BOTTLE OF THE FLEET PHOSPHA-SODA WITH 8 OUNCES OF FAVORITE CLEAR LIQUID. DRINK, THEN FOLLOW WITH A SECOND 8 OUNCE GLASS OF THAT CLEAR LIQUID.

AT 4 PM (OR 10 PM):

MIX REMAINING ½ BOTTLE OF THE PHOSPHA-SODA IN 8 OUNCES OF FAVORITE CLEAR LIQUID. DRINK, THEN FOLLOW WITH A SECOND 8 OUNCE GLASS OF THAT CLEAR LIQUID AND THE 4 DULCOLAX TABLETS. YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UP UNTIL MIDNIGHT. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**

MORNING OF PROCEDURE:

NOTHING TO EAT OR DRINK. YOU WILL NOT TAKE ANY MEDICATIONS. YOU MUST STOP TAKING ASPIRIN, IBUPROFEN, COUMADIN, PLAVIX AND PLETAL FOR 7 DAYS PRIOR TO PROCEDURE. YOU MUST STOP TAKING ALL HERBAL SUPPLEMENTS, ROOTS AND VITAMINS 2 WEEKS PRIOR TO SURGERY/PROCEDURE.

This is a thorough bowel cleansing procedure, and may leave you feeling weakened. It is important to maintain your bodily fluids by drinking lots of water and other clear liquids throughout the day. You may want to apply some Desitin or other protective cream to the anal area to minimize your discomfort during