

Fleet® 1 Prep Kit

Patient Instructions

Extra Instructions From the Nurses at Windham Surgical Group (to make your prep easier!)

To make the preparation easier on you, please follow a “low- fiber” diet for days before the procedure. Low fiber means: no nuts, no salads, no corn or beans, no multigrain bread/bagels.

Start the “clear liquid” diet from the time you wake up on the day before the procedure. The package from the company says start after 8AM, but we’d prefer if you didn’t eat an early breakfast of “regular” food . (before that 8AM time)

IMPORTANT INFORMATION

Read these directions and labels at least 48 hours in advance of examination. This kit will help you prepare for an important exam by cleaning out your lower bowel. It is very important that you follow each step and complete all instruction or the entire x-ray or endoscopic examination may have to be repeated.

Individual responses to laxatives vary. Remain close to toilet facilities once you take the Phospho-soda solution

Use the 24-hour pre (see next page) unless directed otherwise by your doctor.

24-Hour Prep

DAY BEFORE EXAM

(Check as completed)

- 8:00 a.m.** Clear Liquid (see next page for Diet Guidelines)
- 12:00 noon** Lunch-All Clear Liquids. Drink at least 8 oz. Clear Liquids (see next page for Clear Liquid guidelines).
- 1:00 p.m.** Drink at least 8 oz. Clear Liquids
- 2:00 p.m.** Drink at least 8 oz. Clear Liquids
- 3:00 p.m.** Drink at least 8 oz. Clear Liquids
- 4:00 p.m.** Take Fleet Phospho-soda Solution (see next page for Phospho-soda Solution directions). Follow immediately with at least 8 oz. Clear Liquids.
- 5:00 p.m.** Drink at least 8 oz. Clear Liquids
- 6:00 p.m.** Dinner --All Clear Liquids
- 7:00 p.m.** Drink at least 8 oz. Clear Liquids
- 8:00 p.m.** Drink at least 8 oz. Clear Liquids
- 9:00 p.m.** Take 4 Fleet Bisacodyl Tablets WITH AT LEAST 8 OUNCES OF CLEAR LIQUID (see next page for Bisacodyl Tablets directions).

DAY OF EXAM

Do not eat or drink anything.

One hour before leaving for exam:

- Use Fleet Bisacodyl Suppository (see next page for Bisacodyl Suppository directions).

Medications

Directions for Fleet® Phospho®-soda solution, Bisacodyl Tablets, and Bisacodyl Suppository.

Fleet Phospho-soda Buffered Oral Saline Laxative

- ◆ Each bottle (45 ml) contains
 - Active ingredients: monobasic sodium phosphate 21.6 g and Dibasic Sodium Phosphate 8.1 g
 - Sodium Content: Each bottle (45ml) contains 5,004 mg sodium.
- ◆ Phospho-soda Solution directions: Pour Fleet Phospho-soda into one-half glass of cold Clear Liquid and drink. Fleet Phospho-soda usually works within one hour.

Fleet Bisacodyl Tablets

- ◆ Each enteric-coated table contains
 - Active ingredient: Bisacodyl USP 5 mg.
- ◆ Bisacodyl Tablets Directions:
 - Take all four Fleet Bisacodyl Tablets unless directed otherwise by your doctor.
 - Swallow tablets whole with a full glass of water.
 - Do not chew or dissolve tablets
 - Tablets taken at bedtime are usually effective the following morning.
 - Do not give tablets to any person who cannot swallow without chewing, unless directed by a doctor.
 - Do not take tablets within 1 hour after taking antacids and/or milk. This product may cause abdominal discomfort, faintness, rectal burning, and mild cramps.

Fleet Biscodyl Suppository

- ◆ Each suppository contains
 - Active ingredient: Bisacodyl USP 10 mg.
- ◆ Bisacodyl Suppository Directions:
 - Remove foil wrap from suppository
 - Lie on side; insert suppository well up into rectum
 - Push suppository in gently as far as possible and against bowel wall.
 - Wait 15 minutes to ½ hour.

NOTE: if suppository is soft, put it in the refrigerator 1 to 2 minutes.

Diet and Clear Liquid Guidelines

Clear Liquid Guidelines:

You must drink all the glasses of clear liquids listed in the instructions. You may drink more but not less.

Clear Liquids include: strained fruit juices without pulp (apples, white grape, lemonade), water, clear broth or bouillon, and coffee or tea (without milk or non-dairy creamer). You may have all of the following that are not colored red or purple: Gatorade®, carbonated and non-carbonated soft drinks, Kool-Aid® (or other fruit flavored drinks), iced tea, plain Jell-O® (without added fruits or toppings), and ice Popsicles®. NO CITRUS JUICE. NO TOMATO JUICE. NO MILK PRODUCTS.

DO NOT EAT OR DRINK ANYTHING THE DAY OF YOUR PROCEDURE.