

Bowel Preparation Instructions for Fleets ORAL Phosphosoda

1. Obtain Fleets ORAL Phosphosoda solution (90 ml) bottle from pharmacy. This is an over the counter medication and does not require a prescription.
2. The day before your surgery, you are not to have any solid food. You are requested to have clear liquids only. Clear liquids are: coffee, tea, soda, clear fruit juices, popsicles, broth etc.
3. The day before your surgery drink 45 ml (1.5 oz) of Fleets ORAL Phosphosoda at 10am and another 45ml at 2pm.
4. It is okay to drink clear liquids up until midnight, then no foods or liquids (including gum or mints).
5. The operating room will speak to you the day before surgery; follow those instructions in regards to your usual medications.
6. If you have any questions you can call the surgery clinic during normal clinic hours. (916) 784-4144.