



## **Fleets Phospho-Soda Prep**

You do not need a prescription for Fleets Phospho-Soda. You can go to a pharmacy and buy one 3-fluid oz bottle or two 1 ½ fluid oz bottles of Fleets Phospho-Soda, either ginger-lemon flavored or unflavored.

**Three days before the exam**, stop the following foods and medications:

- fruits with skins (tomatoes, apples)
- seeds, nuts, popcorn
- vegetables with skins or strings (string beans, lima beans, peas, corn, greens, celery)
- iron, Pepto-Bismol
- laxatives such as Citrucel, Metamucil, or psyllium

**The day before the exam**, take only thin, clear liquids for breakfast, lunch and dinner.

This can include:

- water
- tea
- coffee
- Kool-Aid
- Crystal Light
- orange juice without the pulp
- lemonade without the pulp
- plain Jello-O (without added fruit or toppings),
- clear broth or bouillon
- carbonated and non-carbonated soft drinks
- apple juice
- Gatorade
- ice popsicles

**DO NOT TAKE:** Any liquids that are red or purple 24 hours before the exam.

**DO NOT TAKE:** Solid foods or milk/milk products (including non-dairy creamer) 24 hours before the exam.

**The night before the exam:**

- At 5:00 p.m., add ½ oz (1 tablespoon) of Fleets Phospho-Soda to one glass (8 fl oz) of cool water and drink. (Ginger ale is recommended; you may also use clear liquids.)
- Repeat the above in ten minutes.
- Repeat the above again in ten minutes.
- At 8:00 p.m., add ½ oz (1 tablespoon) of Fleets Phospho-Soda to one glass (8 fl oz) of cool water and drink. (Ginger ale is recommended; you may also use clear liquids.)
- Repeat the above in ten minutes.
- Repeat the above again in ten minutes.
- Drink at least three (3) 8 fl oz glasses of clear liquid before going to bed, more if desired.

**The day of the exam:**

- You may drink clear liquids up to four hours before the exam (unless you are also having an EGD, then six hours).
- You may take your usual medications (unless otherwise instructed) with a sip of clear liquid. If you are diabetic and take insulin, take ½ of the usual dose. If you take a pill for diabetes, take this as usual.

If you will be late or cannot make it to the exam,  
please call the GI Procedure Area at (919) 966-2310.  
If the office is closed, please leave a message.  
Thank you.