

BOWEL PREPARATION INSTRUCTIONS FOR THE FLEET PREP KIT #1

Please follow the instructions exactly.

During bowel preparation you will lose significant amounts of fluid. This is normal. It is very important that you replace this fluid to prevent dehydration. Drink large amounts of clear liquids. You must drink all the glasses of clear liquids listed in the instructions. You may drink more, but not less.

ONE DAY BEFORE SURGERY

- 8:00 am Take a light liquid meal. (See Clear Liquid Diet guidelines.)
- 9:00 am Drink at least 8 ounces clear liquid.
- 10:00 am Drink at least 8 ounces clear liquid.
- 11:00 am Drink at least 8 ounces clear liquid.
- 12:30 pm Take **Phosphate Laxative**. Pour contents (1 ½ oz.) into ½ glass cool clear liquid. Please note: For purposes of mixing with **Phosphate Laxative** only, tomato and orange juice are allowable as well as soft drinks. Tomato and orange juice are not allowable for use as clear liquids. Drink. Follow immediately with one full glass of water. Take a light liquid meal. The Phosphate Laxative usually works within 1 hour.
(or ½ hour before meal)
- 2:00 pm Drink at least 8 ounces clear liquid.
- 3:00 pm Drink at least 8 ounces clear liquid.
- 4:00 pm Drink at least 8 ounces clear liquid.
- 6:00 pm Take a light liquid meal.
- After Eating Take all **four (4) Fleet Bisacodyl Tablets** (small orange tablets). Swallow tablets whole with a full glass of water. Do not chew or dissolve tablets. Tablets taken at night are usually effective the following morning.
- You are to have nothing to eat or drink after midnight.

DAY OF ADMISSION AND SURGERY

- Do not eat breakfast.
- At least one hour before going to the hospital, use **Fleet Bisacodyl Suppository**. Remove foil wrap from suppository. Lie on side (in “knees-to-chest” position). Insert rounded end of suppository into rectum first. Push gently as far as possible and against bowel wall. Wait 15 minutes before evacuating even if urge is strong. Suppositories are usually effective within 15 minutes to 1 hour. *Please note: If suppository is soft, put in refrigerator for 1 to 2 minutes.*

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