

Fleet Phospho-Soda Prep

Items to purchase:

One (1) 3 oz. (90 ml) Bottle of Fleets Phospho-soda

or

Two (2) 1.5 oz. (45 ml) Bottle of Fleets Phospho-soda

Purchase a bottle of Fleets Phospho-soda at the drug store; you do not need a prescription for this. Buy the 3 oz. (90 ml) or two of the 1.5 oz. (45 ml) bottles.

The day before your surgery you may only have clear liquids. This is very important!

At 6 p.m. the evening before your surgery put the 1.5 oz. (45 ml) of the Fleet in an 8 oz. Glass and mix with any clear liquid you desire. It is very important to drink a lot of clear liquids after doing this (at least five glasses). **Do not** eat or drink anything after midnight. At 6 a.m. the day of surgery repeat the 1.5 oz. (45 ml) of Fleet with any clear liquid. You need to give yourself a Fleet enema two hours before going to the hospital.

If you have any questions, please do not hesitate to call our office at (937) 435-8663.

Clear liquids diet list - nothing red or purple in color

Beverages: Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc.). Gatorade, Kool-aid, Strained juices without pulp (apple, white grape, orange without pulp, lemonade without pulp, etc.).

Soups: Chicken or beef broth.

Desserts: Hard candies, Jell-O (no fruit or whipped toppings), Popsicles, Italian Ice (no sherbets or fruit bars).