



Fleet Phospho-soda

Purchase 2 bottles of Fleet Phospho-soda from your pharmacy

Hydration and Diet prior to the procedure

On the day before the procedure, you should only take clear liquids (see list below) for breakfast, lunch and dinner and between doses.

No solid food, milk or milk products should be taken on the day before the procedure.

You should drink as much clear liquid as possible between doses to prevent dehydration and to ensure that your bowel is clean for the procedure.

Carefully follow the instructions below on how to mix these solutions and when to take them.

Clear Liquids List

Beverages – water, tea, coffee (no milk or non-dairy creamer; sweeteners are acceptable); carbonated or non carbonated soft drinks (not red or purple); fruit flavoured cordials, (not red or purple) ; strained fruit juices without pulp; strained low sodium chicken or beef soups without solid material. Do not drink any alcoholic beverages.

IMPORTANT: The intake of clear liquids is an essential part of this regimen.

Timing of Fleet Phospho-soda

Depending on whether the medical procedure is intended to be performed at early morning, mid-morning or later, two alternative dosage regimens are set out below:

Early morning procedure

The first dose is taken at 7AM on the day before the procedure.
The second is taken at 7pm on the evening before the procedure.

Mid-morning (or later) procedure

The first dose is taken at 7pm on the evening before the procedure.
The second dose is taken at 7am on the morning of the procedure.

How to take Fleet

Diluting Fleet Phospho-soda with clear liquids such as ginger ale, lemon/lime drinks or clear apple juice significantly improves the taste. Chilling the clear liquids may also help improve the taste.

Suite 7C Level 7
66 High St
RANDWICK

Ph: 93980200

Suite 704 Level 7
3 Waverley St
BONDI JUNCTION

Ph: 83050000

Suite 18 Level 3
193 Macquarie St
SYDNEY

Ph: 92372500

Suite 8 Level 3
19 Kensington St
KOGARAH

Ph: 83050000

Suite 311 Level 3
100 Carillon Ave
NEWTOWN

Ph: 83050000



FIRST DOSE

First bottle: Mix 15mL (one third of the bottle) of Fleet Phospho-soda into a full glass (approximately 250mL) of clear liquids (see list above) and drink

Repeat two more times at 10 minutes and 20 minutes.

BETWEEN DOSES

Between the first and second doses, drink at least three more glasses (approximately 250mL each) of clear fluids to prevent dehydration and to ensure a clean bowel.

SECOND DOSE

Second bottle: Mix 15mL (one third of the bottle) of Fleet Phospho-soda into a fully glass (approximately 250mL) of clear liquids and drink.

Repeat two more times at 10 minutes and 20 minutes.

NOTE: MAKE SURE YOU ARE CLOSE TO THE TOILET WHEN TAKEN THIS PREPARATION.

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