



SUNFLOWER WOMEN'S HEALTH CARE
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Bowel Prep

Date of Prep: _____

Instructions:

On the day of the prep, at 9:00 a.m., add the contents of one 1 + oz bottle or f of a 3 oz. Bottle of Fleets Phospho-soda to a large glass (approximately 20 oz.) of grapefruit juice, peach or pear nectar, or orange juice over ice and drink, DRINK SLOWLY (up to 45 minutes) to avoid nausea.

Repeat above step at 2:00 p.m. on the same day.

Drink 8-12 oz of clear liquids every 30 minutes as late as midnight. You may NOT eat or drink anything after midnight. You should take in at least a gallon of clear liquids. Even more is recommended to enhance the cleansing of your colon and prevent dehydration.

Clear liquids are those you can see through with NO PULP. The only pulp-containing liquids that you may consume are those that the Fleet's Phospho-soda is mixed in. A clear liquid diet includes the following: water, broth, consommé, Jell-O, cranberry/apple/white grape juices, black coffee, tea, Popsicle's, and or Italian ices, and all sodas. You may vary your intake with any of the above mentioned liquids.