

Helpful Hints for Your Colonoscopy

Low Fiber Diet: 2 days before exam stay on a low fiber diet- cut back on how much you eat.

Soups: Broth, Cream soups, tomato, chicken and rice, noodles.

Meats: Any soft or easy to chew meat or fish.

Vegetables: Potatoes with skin, tomatoes and tomato juice, beets, carrots, mushrooms, pumpkin, yellow squash, turnip greens, spinach (cooked), asparagus tips.

Fruits: All juices, cooked or canned applesauce, apricots, pears, cherries, peaches, bananas, citrus fruits without membrane.

Cereal: Refined, cooked, or ready to eat oatmeal.

Starches: Biscuits, rolls, crackers or bread made from white flour, plain doughnuts or English muffins, plain macaroni noodles or spaghetti, white rice, plain waffles or pancakes, saltines.

Cheese/Eggs: Cottage cheese, cream cheese, mild cheeses such as American or Swiss. Yogurt without fruit. All eggs except fried.

Desserts: Plain cake, cookies, gelatin, ice cream, pudding, sherbet, pie made from allowed foods.

Beverages: Limit milk to two cups a day, carbonated beverages, coffee, tea, fruit-flavored drinks.

Fat: Crisp bacon, butter, cream, margarine, mayonnaise, oils, shortening, smooth salad dressings, sour cream.

→→→→→**Liquid Diet: Day before exam** stay on clear liquids only- **No Solid Foods.**

Soups: Clear consommé, Bouillon or broth, Ensure Clear.

Beverages: Tea, coffee, carbonated drinks, water, Kool-Aid (no red or purple), beer, white wine, Gatorade (no red or purple).

Juices: White cranberry, apple, strained lemonade, white grape.

Desserts: Gelatins, popsicles (**no red or purple**), Gummy Bears, Life Savers, orange sherbet.

No milk products (but you can use milk or cream in your coffee).

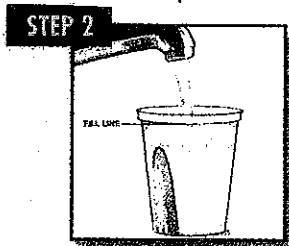
****Follow your instructions about taking the laxative preparation: Suprep Bowel Prep Kit**

***First Dose: Begin at 3:00 PM** the evening before your procedure and proceed as show below:

***Second Dose: Repeat at 8:00 PM**

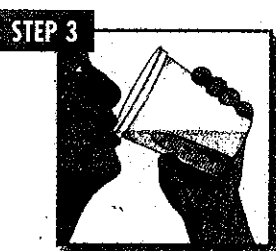


STEP 1
Pour **ONE (1)** 6-ounce bottle of SUPREP liquid into the mixing container.

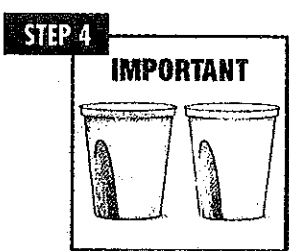


STEP 2
Add cool drinking water to the 16-ounce line on the container and mix.

NOTE: Dilute the solution concentrate as directed prior to use.



STEP 3
Drink **ALL** the liquid in the container.



IMPORTANT
You must drink two (2) more 16-ounce containers of water over the next 1 hour.

*****Morning of exam*****

*Drink one 8oz glass of water or clear liquids of choice 2 hrs before exam

*You cannot drive or work the day of exam.

*You must have a driver.

*Stop Aspirin, Plavix or any other blood thinner 5 days prior to exam.

*Let our office know when scheduling if you are on diabetic meds.