

Colonoscopy Suprep

We strive to provide the safest care for all of our patients. As a result, some procedures may take longer for some patients than others. We ask for your patience and that you plan to be with us for at least 2 to 3 hours.

If you must cancel or reschedule your appointment, 619-588-4074 Option 1, If not canceled before the 5th day there is a \$100 charge.

Five days before your colonoscopy:

- Start a low fiber diet, see recommended diet below.
- Stop iron, including medications or vitamins that contain iron.
- Arrange to have someone 18 or older drive you to and from your procedure.
- Have plenty of clear liquids available at home, see recommended diet below.

One day before your colonoscopy:

- Drink only clear liquids all day. Do not eat solid foods or milk products. Drink 8 ounces (oz.) of clear liquid every hour while awake. 8 oz. is equal to one measuring cup. ***
- You will have two bottles of prep, save one for the day of your colonoscopy.
- At 5:00pm:** start drinking your bowel prep.
 - Pour the first 6 ounce bottle of liquid into a mixing container.
 - Add cold water to the 16 oz. line on the container and mix.
 - Drink all the Suprep mixture in the container.
 - You must drink 2 more 16 oz. containers of water over the next hour.
- Stay close to a bathroom. Cleaning your colon causes diarrhea.

Day of your colonoscopy:

- It is OK to take medications up to 2 hours before your procedure **unless instructed otherwise by your healthcare provider.**
- 5 hours before** begin drinking the other bottle of bowel prep. You may need to start in the middle of the night for an early am procedure. Timing is essential.
 - Pour the second 6 ounce bottle of liquid into the mixing container.
 - Add cold water to the 16 oz. line on the container and mix.
 - Drink all the Suprep mixture in the container.
 - You must drink 2 more 16 oz. containers of water over the next hour.
- 3 hours before your procedure:** Stop drinking all liquids.

SEE OTHER SIDE FOR MEAL PLAN; MUST PREP PROPERLY

Perfect meal for the week:

- Concentrate on meat and rice rather fruits and veggies

Day before the procedure:

Drink only clear liquids all day. Do not eat solid foods or milk products. Drink 8 ounces (oz.) of clear liquid every hour while awake. 8 oz. is equal to one measuring cup. ***If you must eat only eat what's bullet pointed below:

- Light breakfast - bland eggs NO veggies, plain white toast NO grains
- Lunch - bland piece of chicken, white toast NO grains, eggs, NO veggies, NO nuts, NO seeds
- Clear liquid diet after that

FOOD GROUPS

GROUP	RECOMMENDED	AVOID
Bars	NONE	AVOID ALL; protein bars, cereal bars, nuts bars
Beverages	Coffee, tea; soft drinks if clear, water	AVOID all others
Breads & Grains	None	AVOID ALL
Dairy	None	AVOID ALL milk products, cheese...
Fats & Oils	None	AVOID ALL
Fruits	Fruit juice without pulp	AVOID ALL nectars all fresh, canned and frozen fruits; citrus, orange and grapefruit
Honey	None	AVOID ALL
Meat Substitutes	None	AVOID ALL
Nuts; Seeds; Popcorn	NONE	AVOID ALL
Soups	Bouillon, consommé, fat free broth	AVOID all others
Sweets & Desserts	Gelatin	AVOID ALL
Vegetables	None	AVOID ALL

Special Consideration: After surgery and fasting, should persistent abdominal cramps or discomfort occur with a clear liquid diet, the patient should notify the physician, nurse or dietitian at once. **In preparation for a medical test, it is important that the clear liquid diet be followed exactly. Remember that the value of the examination will depend on getting a thoroughly clean bowel.**