





Carolinas HealthCare System
Mecklenburg Medical Group

Preparation Instructions:
Colonoscopy with SuPrep

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You are scheduled for an colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. A clean colon is essential for detecting and removing polyps/flat lesions. We know it is hard getting up at 2 or 3 AM to do the 2nd part of your prep, but it's only every 5-10 years if no polyps/flat lesions. **A split prep increases the cleaning of your colon by 93-97%.**

Please remember to arrange a responsible adult to stay with you during your procedure and drive you home. If you do not have a responsible adult your procedure will be cancelled and rescheduled. Please review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call your physician's office.

1 Week Prior	3 Days Prior	2 Days Prior	1 Day Prior (cont.)	Procedure Day (cont.)
<ul style="list-style-type: none"> ► Purchase the following: - SuPrep Bowl Prep Kit (Rx needed) - Clear liquids (no red or purple) Other _____ <p>OPTIONAL-for sore bottom:</p> <ul style="list-style-type: none"> - Plain or Aloe Baby Wipes - Desitin or A&D ointment <ul style="list-style-type: none"> ► Arrange for a responsible adult to stay with you during the procedure and take you home post-procedure. ► If you take fiber supplements or medications containing iron discontinue those 7 days before your appointment. This includes multi-vitamins with iron. ► You may continue your "baby" aspirin and regular aspirin. Let us know if you are on Plavix, coumadin, or other blood thinners ► If you have diabetes you have been given a Diabetic Prep Sheet. ► Stop taking these medications: 	<p>► Begin low fiber diet. See back of this sheet for details</p> <p>► Stop consuming all high-fiber foods.</p> <p>YOUR BOWEL PREP IS EXTREMELY IMPORTANT!</p> <p>IT IS VERY IMPORTANT TO HAVE A CLEAN COLON SO THAT YOUR DOCTOR MAY VISUALIZE ANY ABNORMALITIES (POLYPS)</p>	<p>► Drink at least 4 large glasses of water throughout the day.</p>  <p>► No solid foods after midnight.</p> <p>► Fill out Health History form.</p> <p>► Bring this form with you to the appointment.</p> <p>1 Day Prior</p> <p>► Begin clear liquid diet.</p> <p>Clear Liquid Suggestions</p> <p>NO RED OR PURPLE</p> <p>See clear liquid choice handout for additional recipes!</p> <p>Water Broth Coffee or tea with <u>no</u> milk Gatorade or Crystal Light Soft drinks Juices <u>without</u> pulp Clear Jell-O (no pudding) Popsicles</p>	<p>► Drink at least 4 large glasses of water throughout the day.</p>  <p>Other _____</p> <p>► 5pm: Pour 1 six (6) oz bottle of SuPrep liquid into the mixing container.</p> <p>Add cold water to the 16 oz line on the container. Drink ALL of the liquid.</p> <p>► 6-7pm: Drink 2 more 16 oz containers of cool/cold water over the next hour!</p> <p>Procedure Day</p> <p>2nd Part of Split Prep</p> <p>► 4 to 5 hours before your procedure: Pour 1 six (6) oz bottle of SuPrep liquid into the mixing container. Add cold water to the 16 oz line. Drink ALL of the liquid.</p> <p>Start 2nd dose at: Drink 2 more 16 oz containers of cool/cold water over the next hour!</p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution</p> <p>DO NOT drink anything 3 hours before your scheduled procedure time.</p> <p>If you reschedule your procedure, the times of your prep will change!</p> <p>Please call the office.</p>	<p>ALERT</p> <p>After your prep, the results should appear clear yellow or clear green liquid with <u>no</u> solid matter. If not, please call your doctor at the office or medical exchange.</p> <p>► You may take your essential morning medications with a few small sips of water, unless otherwise directed by your physician.</p> <p>► Be sure to bring the following:</p> <ul style="list-style-type: none"> - Responsible adult driver to stay with you and drive you home - Insurance Cards - Any co-insurance fees due - Health History form - Driver's License <p>Staff initials providing prep instructions including date.</p>

Low-Fiber Diet

A low-fiber diet is for people who need to rest their intestinal tract. A low-fiber diet limits the amount of food waste that has to move through the large intestine.

Foods Recommended	Foods to Avoid
Breads, Cereal, Rice and Pasta: <ul style="list-style-type: none"> white bread, rolls, biscuits, croissant, melba toast waffles, French toast, and pancakes white rice, noodles, pasta, macaroni and peeled cooked potatoes plain crackers, Saltines cooked cereals: farina, Cream of Rice cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K 	Breads, Cereal, Rice and Pasta: <ul style="list-style-type: none"> breads or rolls with nuts, seeds or fruit whole wheat, pumpernickel, rye breads and cornbread potatoes with skin, brown or wild rice, and kasha (buckwheat)
Vegetables: <ul style="list-style-type: none"> tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans 	Vegetables: <ul style="list-style-type: none"> raw or steamed vegetables, lettuce, salad fixings vegetables with seeds sauerkraut winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn
Fruits: <ul style="list-style-type: none"> strained fruit juice canned fruit, except pineapple ripe bananas melons 	Fruits: <ul style="list-style-type: none"> prunes and prune juice raw or dried fruit all berries, figs, dates and raisins
Milk / Dairy: <ul style="list-style-type: none"> milk, plain or flavored yogurt, custard, and ice cream cheese and cottage cheese 	Milk / Dairy: <ul style="list-style-type: none"> yogurt with nuts or seeds
Meat, Poultry, Fish, Dry Beans, and Eggs: <ul style="list-style-type: none"> ground, well cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats eggs peanut butter without nuts 	Meat, Poultry, Fish, Dry Beans, and Eggs: <ul style="list-style-type: none"> tough, fibrous meats with gristle dry beans, peas, and lentils peanut butter with nuts
Fats, Snack, Sweets, Condiments, and Beverages: <ul style="list-style-type: none"> margarine, butter, oils, mayonnaise, sour cream, and salad dressing plain gravies sugar, clear jelly, honey, and syrup spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables coffee, tea, and carbonated drinks plain cakes and cookies gelation, plain puddings, custard, ice cream, sherbet, Popsicles hard candy or pretzels 	Fats, Snack, Sweets, Condiments, and Beverages: <ul style="list-style-type: none"> nuts, seeds, and coconut jam, marmalade, and preserves pickles, olives, relish, and horseradish all desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran candy made with nuts or seeds popcorn