



Carolinas HealthCare System
Mecklenburg Medical Group

Patients Name _____

Appt Date & Arrival Time _____

Scheduler _____

Scheduler Ph # _____

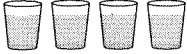

GI Physician _____

**Preparation Instructions:
Colonoscopy with SuPrep**

Preparation Instructions:

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.) |
|---|---|--|---|---|
| <p>▶ Purchase the following: - SuPrep Bowel Prep Kit (Rx needed) - Clear liquids (no red or purple)</p> <p>Other _____</p> <p>OPTIONAL—for sore bottom: - Plain or Aloe Baby Wipes - Desitin or A&D ointment</p> <p>▶ Arrange for a responsible adult to stay with you during the procedure and take you home post-procedure.</p> <p>▶ If you take fiber supplements or medications containing iron discontinue those 7 days before your appointment. This includes multi-vitamins with iron.</p> <p>▶ You may continue your "baby" aspirin and regular aspirin. Let us know if you are on Plavix, coumadin, or other blood thinners</p> <p>▶ If you have diabetes you have been given a Diabetic Prep Sheet.</p> <p>▶ Stop taking these medications:</p> <hr/> <p>▶ Last chance to cancel appointment. Please call your physician's office if you need to reschedule your appointment.</p> <p>▶ Avoid: Corn, popcorn, nuts</p> | <p>▶ Begin low fiber diet. See back of this sheet for details</p> <p>▶ Stop consuming all high-fiber foods.</p> <p style="text-align: center;">YOUR BOWEL PREP IS EXTREMELY IMPORTANT!</p> <p style="text-align: center;">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 style="text-align: center;"></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> <hr/> <p style="text-align: center;">1 Day Prior</p> <p>▶ Begin clear liquid diet.</p> <p style="text-align: center;">Clear Liquid Suggestions NO RED OR PURPLE See clear liquid choice handout for additional recipes!</p> <p style="text-align: center;">Water Broth Coffee or tea with no milk Gatorade or Crystal Light Soft drinks Juices without pulp Clear Jell-O (no pudding) Popsicles</p> | <p>▶ Drink at least 4 large glasses of water throughout the day.</p> <p style="text-align: center;"></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. <u>Drink ALL of the liquid.</u></p> <p>▶ 6-7pm: Drink 2 more 16 oz containers of cool/cold water over the next hour!</p> <hr/> <p style="text-align: center;">Procedure Day 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. <u>Drink ALL of the liquid.</u></p> <p>Start 2nd dose at: _____</p> <p>Drink 2 more 16 oz containers of cool/cold water over the <u>next hour!</u></p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution</p> <p><u>DO NOT drink anything 3 hours before your scheduled procedure time.</u></p> <p>If you reschedule your procedure, the times of your prep will change!</p> <p style="text-align: center;">Please call the office.</p> | <p style="text-align: center;">ALERT</p> <p>After your prep, the results should appear <u>clear yellow or clear green liquid with no solid matter.</u> If not, please call your doctor at the office or medical exchange.</p> <p>▶ You may take your essential morning medications with a <u>few</u> 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 <hr/> <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 |
|--|---|
| <p>Breads, Cereal, Rice and Pasta:</p> <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 | <p>Breads, Cereal, Rice and Pasta:</p> <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) |
| <p>Vegetables:</p> <ul style="list-style-type: none"> • tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans | <p>Vegetables:</p> <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 |
| <p>Fruits:</p> <ul style="list-style-type: none"> • strained fruit juice • canned fruit, except pineapple • ripe bananas • melons | <p>Fruits:</p> <ul style="list-style-type: none"> • prunes and prune juice • raw or dried fruit • all berries, figs, dates and raisins |
| <p>Milk / Dairy:</p> <ul style="list-style-type: none"> • milk, plain or flavored • yogurt, custard, and ice cream • cheese and cottage cheese | <p>Milk / Dairy:</p> <ul style="list-style-type: none"> • yogurt with nuts or seeds |
| <p>Meat, Poultry, Fish, Dry Beans, and Eggs:</p> <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 | <p>Meat, Poultry, Fish, Dry Beans, and Eggs:</p> <ul style="list-style-type: none"> • tough, fibrous meats with gristle • dry beans, peas, and lentils • peanut butter with nuts |
| <p>Fats, Snack, Sweets, Condiments, and Beverages:</p> <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 | <p>Fats, Snack, Sweets, Condiments, and Beverages:</p> <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 |