

# Colonoscopy Prep Instructions

If you were prescribed "Suprep Bowel Prep Kit" you may follow these directions, NOT what is on the box.

If you were prescribed something other than Suprep – you may follow the low residue diet in this handout however your prep instructions will be different.

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**PROGRESSIVE SURGICAL  
ASSOCIATES**

**1890 SILVER CROSS BLVD  
SUITES 410 & 520**

**PHONE: 815-717-8730**

# TWO DAYS BEFORE

Follow a low residue and low fiber diet

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## **AVOID THESE FOODS**

Anything with seeds and nuts

Fresh or dried fruits and vegetables

Whole grain breads and cereals

Beans, peas, lentils

Tough, fibrous meats and red meats

Limit dairy such as milk, cheese,  
ice cream

Anything red or purple

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Follow a low residue and low fiber diet

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## **FOODS YOU CAN EAT**

Cooked potatoes without skin, mashed potatoes

Breads and grains made with refined white flour such as rolls, muffins, bagels, white rice, saltine crackers, low fiber cereal

Chicken, Turkey, Lamb, Lean Pork, Veal, Fish, Eggs, Tofu

Fruit juice without pulp, applesauce

Broth, bouillon, strained soups

Coffee, tea, soda, ensure, boost

Pudding, Jell-O, custard

# THE DAY BEFORE

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Continue with the low residue/low fiber diet until 5 pm

- \*This diet is explained in detail on the previous pages\*

## **YOU CAN ONLY CONSUME CLEAR LIQUIDS AFTER 5 PM**

- You can drink: water, fruit juice without pulp, limeade, lemonade, coffee without cream, chicken broth, tea, clear soda, popsicles or jell-o (no red or purple), NO alcohol

# THE DAY BEFORE – 5 PM

You will start your bowel prep now –  
remember only clear liquids after 5 pm!  
See previous page for liquid list.

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1. Use one 6 oz bottle of Suprep Solution and pour it into the cup provided. You may refrigerate this ahead of time for taste.
2. Add a clear liquid of your choice into the cup with the Suprep Solution until the 16 oz line is reached. Mix together.
3. Drink ALL of the liquid in the cup. Using a straw may help.
4. Drink 2 more 16 oz cups of CLEAR liquid (for example water or gatorade) within the next hour. This prevents dehydration as you go through your prep.

# THE DAY BEFORE – 9 PM

At 9 pm, you will **REPEAT** the prep steps from 5 pm

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1. Use the other 6 oz bottle of Suprep Solution and pour it into the cup provided. You may refrigerate this ahead of time for taste.
2. Add a clear liquid of your choice into the cup with the Suprep Solution until the 16 oz line is reached. Mix together.
3. Drink ALL of the liquid in the cup. Using a straw may help.
4. Drink 2 more 16 oz cups of CLEAR liquid (for example water or gatorade) within the next hour. This prevents dehydration as you go through your prep.

**THE DAY BEFORE  
– 12 AM**

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**Do not eat or  
drink\*  
anything after  
midnight!**

\*You may have a sip of water up to  
3 hours before scheduled procedure  
time

# THE DAY OF YOUR COLONOSCOPY

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Arrive at Silver Cross Hospital at your designated time. The hospital will call 1-2 days before to confirm procedure time.

- Check in on the second floor

YOU WILL NEED A RIDE HOME. You **CANNOT** use public transportation or services such as Uber/Lyft.