

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.

PROGRESSIVE SURGICAL ASSOCIATES

1890 SILVER CROSS BOULEVARD

SUITES 410 & 520

PHONE: 815-717-8730

TWO DAYS BEFORE

Follow a low residue and low fiber diet

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



TWO DAYS BEFORE

Follow a low residue and low fiber diet

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

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.

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

1. Use the other 6 oz bottle of Suprep Solution and pour it into the cup provided. You may refrigerate it 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

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

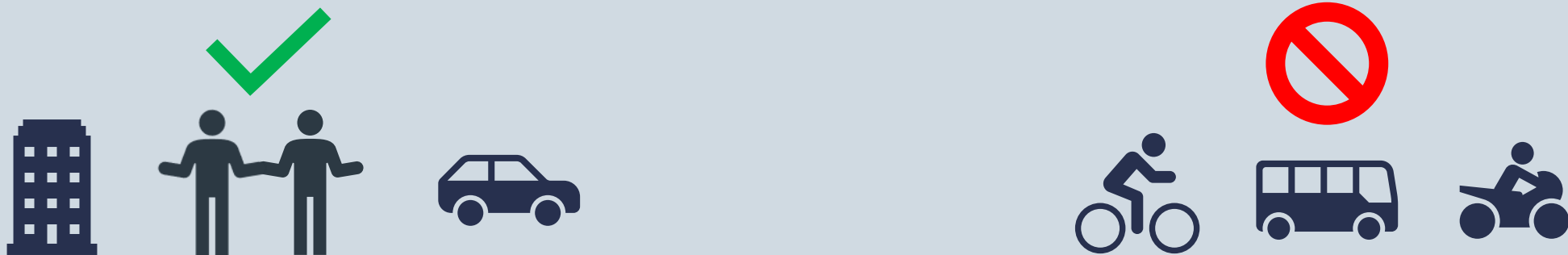
*You may have a sip of water up to 3 hours before scheduled procedure time

THE DAY OF YOUR COLONOSCOPY

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.



QUESTIONS?



**Contact us at
815-717-8730**