



7566 N La Cholla Blvd Suite B Tucson, AZ 85741

## Colonoscopy- SuPrep Am/Pm

### 5 Days Prior to Procedure:

- Begin low residue diet. Acceptable food list attached.

### Day Prior to Procedure:

Clear Liquids Only:

- Water, clear bouillon, broth, tea, & coffee (without milk or cream)
- Crystal Light, Gatorade, carbonated drinks (including dark cola)
- Apple & White grape juice, Popsicles, & Jell-O
- Do not have anything: purple, red, or orange in color.

### Bowel Prep Instructions:

- 6:00pm Follow steps 1-4 as listed on Suprep prescription box.
- Additional clear liquids must be consumed for preparation to be effective

### Day of the Procedure:

Clear Liquids Only:

5 hours prior to procedure check in time:

- Repeat steps 1-4 as listed on Suprep prescription box with remaining dose of medication. Procedure check in time listed below.
- Driver must be present at check in and is required to stay for procedure duration in surgery waiting area.
- Patient may use a medical taxi or transportation provided through insurance.
- Bring a list of current medications.
- Take medications for: heart, blood pressure, pain, asthma, anxiety, seizure, and thyroid. Do not take diabetic medications.

You may have clear liquids until \_\_\_\_\_. Nothing by mouth after this time including: water, gum, cough drops, and tobacco.

Procedure date: \_\_\_\_\_ Check in time: \_\_\_\_\_

Note: Should you need to reschedule or cancel your procedure please call our office at 520-742-4139.

## **Foods Acceptable For Colonoscopy 5 Day Restricted Diet:**

Stop taking fiber supplements.

Fruit: (Must be peeled)

Apple/Applesauce/Apricot/Banana/Peach/Pear

Protein:

Eggs/Chicken/Fish/Seafood/Turkey/Pork/Red Meat

Protein Supplements/Soy Protein/Tofu

Meal Replacement Shakes

Carbohydrates:

White Pasta/White Rice/White Bread/Tortillas

White Peeled Potatoes/Sweet Potatoes

Plain Crackers/Tortilla chips/Pretzels

Plain Cheerios/Special K/Low Fiber Cereals

White grits/Hashbrowns

Couscous/Quinoa

Pancakes/Waffles/Plain Bagel

Dairy:

Cheese/Milk/Plain Yogurt/Custard

Ice Cream/Sherbert/Sorbet

Cream Cheese/Sour Cream

Juice:

Vegetable Juices without seeds or pulp.

Condiments/Spices:

Margarine/Butter

Vegetable Oil/Olive oil

Ketchup/Mustard/Mayonnaise

Salt/Pepper/Garlic, Etc.

Honey/Sugar/Syrup