

Colonoscopy Instructions

Suprep

Ten Days Before

- **Arrange for a responsible adult (18 years or older)** to drive you home and stay with you on the day of your procedure. If you are receiving sedation for your procedure and do not have a responsible adult, your procedure will be cancelled. Your responsible adult may leave but must be reachable by phone before the start of your procedure and available to pick you up no more than 15 minutes after your procedure.
- **If you take any medications for diabetes or any blood thinners (other than aspirin 81mg or 325mg, or Plavix) and have not been contacted by a pre-admit nurse,** please contact your prescribing physician for instructions. **If you are taking Plavix (clopidogrel)** please review the attached instructions "Medication Management for GI procedures including colonoscopy". You may continue to take daily aspirin (81mg or 325mg) without interruption.

Three Days Before

- Begin low fiber diet (please see Low Fiber Diet Guide on page 3).
- If you become constipated, you may take Miralax one capful daily.
- **Stop** fish oil, iron supplements, and fiber supplements. Do not use mineral oil enemas.
- Pick up Suprep (2 bottles) from your pharmacy.
- Buy simethicone pills or chewable tablets (Gas-X, Anti-Gas, and Equate Gas Relief) over the counter.

24 Hours Before Your Check-In Time

- **Stop** eating solid food and begin clear liquid diet (see Clear Liquid Diet Guide on page 5) and drink 1-4 glasses of water or clear liquids.
- **At 6 p.m.** mix one bottle of Suprep with water according to package directions and drink mixture.
- Drink an additional four (8oz) glasses of water or Gatorade over the next three hours.

Procedure Day

- Continue clear liquid diet until six hours before your check-in time.
- **Early morning:** Please take your regular medications with sips of water (including aspirin and high blood pressure medicines), except for those listed on page 2.
- **Six hours before your check-in time,** limit clear liquids to water, black coffee or tea (no sweeteners/ cream/milk, please limit coffee to two cups or less).
- Take two pills or chewable tablets of simethicone before beginning your last liter of Suprep.
- **Four hours before leaving home:** Mix another bottle of Suprep according to directions and drink. Drink an additional four (8oz) glasses of water or Gatorade over the next hour. Do not stop drinking the Suprep just because you have had several clear bowel movements. You need to finish drinking your prep at least two hours before your check-in time.
- **Nothing past your lips starting two hours before your procedure check-in.**
- Do not take any mind-altering substances the day of your procedure, such as: alcohol, marijuana or other "recreational" substances. **Doing so will result in cancellation of your procedure.**
- Please plan to spend 1.5-2 hours at the facility for your procedure, from check-in to discharge.

After Procedure

During the procedure you received medications that may significantly impair your judgment. Plan to take the day off work. For your safety you may not drive, take other transit or leave the medical center without a responsible adult. Put off important decisions until the day after your procedure.

Important: Please read all instructions at least two weeks before your procedure.

For procedures and or prep questions, call 402.717.9800, Option 1 and then 2

CHI Health Immanuel GI Lab,
CHI Health Midlands GI Lab,
CHI Health Creighton University
Medical Center - Bergan Mercy GI Lab,
CHI Health BASC

Low Fiber Diet Guide

Milk and Dairy

OK TO EAT

- ✓ Milk
- ✓ Cream
- ✓ Hot chocolate
- ✓ Buttermilk
- ✓ Cheese
- ✓ Sour cream

DO NOT EAT

- ✗ Yogurt mixed with seeds, nuts, granola, or fruit with skins/seeds

Bread and Grains

OK TO EAT

- ✓ Breads and grains made with refined white flour
- ✓ White rice
- ✓ Plain crackers
- ✓ Low-fiber cereal (e.g. cream of wheat, corn flakes)

DO NOT EAT

- ✗ Brown or wild rice
- ✗ Whole grain bread, rolls, pasta or crackers
- ✗ Whole grain or high-fiber cereal (e.g. granola, oatmeal)
- ✗ Bread or cereal with nuts or seeds

Meat and Seafood

OK TO EAT

- ✓ Chicken
- ✓ Turkey
- ✓ Lamb
- ✓ Lean pork
- ✓ Veal
- ✓ Fish and seafood, except salmon
- ✓ Eggs
- ✓ Tofu

DO NOT EAT

- ✗ Tough meat with gristle
- ✗ Salmon

Legumes

OK TO EAT

- ✓ None

DO NOT EAT

- ✗ Dried peas
- ✗ Dried beans
- ✗ Lentils
- ✗ Any other legumes

Fruits

OK TO EAT

- ✓ Fruit juice without pulp
- ✓ Applesauce
- ✓ Ripe cantaloupe and honeydew
- ✓ Ripe, peeled apricots and peaches
- ✓ Canned or cooked fruit without seeds or skin

DO NOT EAT

- ✗ Fruit with seeds, skins or membranes (including berries, pineapple, apples, oranges, watermelon)
- ✗ Dried fruit (including raisins)
- ✗ Any cooked or canned fruit with seeds or skins

Vegetables

OK TO EAT

- ✓ Canned or well cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- ✓ Potatoes without skins
- ✓ Cucumbers without seeds or peel

DO NOT EAT

- ✗ Vegetables that are raw, contain skin, seeds or peel
- ✗ Corn
- ✗ Potatoes with skin
- ✗ Tomatoes
- ✗ Cucumbers with seeds and peel
- ✗ Cooked cabbage or brussels sprouts
- ✗ Green peas
- ✗ Summer and winter squash
- ✗ Lima beans
- ✗ Onions

Low Fiber Diet Guide (continued)

Nuts, Nut Butter, Seeds

OK TO EAT

- ✓ Creamy (smooth) peanut/almond/cashew butter

DO NOT EAT

- ✗ Nuts (including peanuts, almonds, walnuts)
- ✗ Chunky nut butter
- ✗ Seeds such as fennel, sesame, pumpkin, sunflower

Fats and Oils

OK TO EAT

- ✓ Butter
- ✓ Margarine
- ✓ Vegetable and other oils
- ✓ Mayonnaise
- ✓ Salad dressings made without seeds or nuts

DO NOT EAT

- ✓ Salad dressings made with seeds or nuts

Soups

OK TO EAT

- ✓ Broth, bouillon, consommé, and strained soups
- ✓ Milk or cream-based soup, strained

DO NOT EAT

- ✗ Unstrained soups or soups with herbs
- ✗ Chili
- ✗ Lentil soup
- ✗ Pea soup
- ✗ Dried bean soup
- ✗ Corn soup

Desserts

OK TO EAT

- ✓ Custard
- ✓ Plain pudding
- ✓ Ice cream (without nuts or fruit)
- ✓ Sherbet or sorbet
- ✓ Jell-o or gelatin without added fruit or red, blue or purple dye
- ✓ Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

Desserts (continued)

DO NOT EAT

- ✗ Coconut
- ✗ Anything with seeds or nuts
- ✗ Anything with added red, blue or purple dye
- ✗ Cookies or cake made with whole grain flour, seeds, dried fruit, or nuts

Drinks and Beverages

OK TO DRINK

- ✓ Coffee
- ✓ Tea
- ✓ Hot chocolate or cocoa
- ✓ Clear fruit drinks (no pulp)
- ✓ Soda and other carbonated beverages
- ✓ Ensure, Boost, or Enlive without added fiber

DO NOT DRINK

- ✗ Fruit or vegetable juice with pulp
- ✗ Beverages with red, blue or purple dye

Other

OK TO EAT

- ✓ Sugar
- ✓ Salt
- ✓ Jelly
- ✓ Honey
- ✓ Syrup
- ✓ Lemon juice

DO NOT EAT

- ✗ Coconut
- ✗ Popcorn
- ✗ Jam
- ✗ Marmalade
- ✗ Relishes
- ✗ Pickles
- ✗ Olives
- ✗ Stone-ground mustard

Clear Liquid Diet Guide

Starting 24 hours before your check-in time, the following clear liquids are acceptable:



✓ Water/flavored water/coconut water



✓ Clear sports drinks (no red, blue or purple)



✓ Jell-o (no red, blue or purple)



✓ Clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry (no pulp or red, blue or purple)



✓ Black coffee or tea (sweetener ok but no milk or cream, please limit black coffee to two cups or less starting the morning of your procedure)



✓ Clear broth (veggie, beef, chicken)



✓ Popsicles without cream or fruit (no red, blue or purple)



✓ Soda

Starting six hours before your check-in time, limit clear liquids to the following:*



✓ Water



✓ Black coffee (please limit to two cups or less starting the morning of your procedure, no sweeteners/cream/milk)



✓ Clear tea (no sweeteners / cream / milk)

**If you are diabetic and experiencing hypoglycemia, you may have clear, light-colored juices such as apple, white grape, lemonade without pulp, and white cranberry (no pulp, or red, blue or purple) up to two hours before your check-in time.*

DO NOT DRINK

- ✗ Milkshakes
- ✗ Smoothies
- ✗ Juice that is not clear: orange, pineapple, grapefruit, and tomato
- ✗ Milk, dairy or non-dairy
- ✗ Soup other than clear broth/unstrained broth (i.e. broth that still contains herbs)
- ✗ Cooked cereal
- ✗ Juice, popsicles or gelatins with red, blue or purple dye
- ✗ Barium/oral contrast
- ✗ Limit alcohol

How Do I Know if My Prep is Working?

(for colonoscopy only)

Look at these examples for comparison:



After drinking all of your prep, your bowel movements should be all liquid yellow and clear like #5. If so, you're ready!

However, if your bowel movements are solid, have semi-solid particles or look like #1, #2 or #3 you are not prepped well enough and will need to drink more prep or cancel your procedure.

It is very important to drink ALL of your prep. Please do not stop drinking your prep just because you have had several clear bowel movements.