

ALBANY GASTROENTEROLOGY CONSULTANTS, PLLC
1375 Washington Avenue, Suite 101
Albany, New York 12206
518-438-4483

COLONOSCOPY INSTRUCTIONS

Patient: _____

Provider: _____

Procedure Date: _____

Arrival Time: _____

Procedure Time: _____

Location: Ambulatory Surgery Center

St. Peter's Hospital

Albany Memorial Hospital

1375 Washington Ave., Suite 201

315 South Manning Blvd.

600 Northern Blvd.

COLONOSCOPY - SUPREP PREPARATION INSTRUCTIONS

One Week Prior to the Procedure

Starting: _____

1. Begin low fiber diet. Stop herbals, vitamins, and oral iron supplements.
2. Arrange for a driver for your procedure.

Two Days Prior to the Procedure

Obtain bowel prep products from your pharmacy:
One (1) SUPREP KIT (prescription needed).

Stop any anti-inflammatory medications (Motrin, Advil, Ibuprofen). Celebrex and Tylenol are OK to use.

One Day Before the Procedure

NO SOLID FOOD
NO ALCOHOL
CLEAR LIQUIDS ALL DAY

1. Drink an extra 8 ounces of clear liquid every hour while awake. Gatorade is preferred. If needed, you may substitute Crystal Light Lemonade or any other clear liquid (no red or purple).
2. **At 5PM** pour one (1) 6 ounce bottle of SuPrep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix. Drink all of the liquid in the container.

You **MUST** drink two (2) more 16 ounce containers of water over the next hour.

3. You are encouraged to drink clear liquids until you go to bed.
4. You may apply a petroleum-based or diaper rash product to the rectal area if you experience discomfort from frequent stools.
5. Confirm that you have a driver to take you home.

The Day of the Procedure

NO SOLID FOOD
NO ALCOHOL

5-6 hours before the Procedure: _____

Pour one (1) 6 ounce bottle of SuPrep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix. Drink all of the liquid in the container. You **MUST** drink two (2) more 16 ounce containers of water over the next hour.

3 hours before the Procedure: _____

Stop drinking and do not have anything else by mouth until after your procedure. You may take essential morning medications with a sip of water.

After the procedure:

You may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times before retiring for the night.

ALBANY GASTROENTEROLOGY CONSULTANTS

1375 Washington Avenue

Albany, New York 12206

Phone: 438-4483

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 and 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:</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 ● gelatin, 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 |

ALBANY GASTROENTEROLOGY CONSULTANTS
1375 Washington Avenue
Albany, New York 12206
Phone: 518-438-4483

CLEAR LIQUIDS

BEVERAGES:

- **CLEAR JUICES: APPLE JUICE, WHITE CRANBERRY, WHITE GRAPE, LEMONADE, LIMEADE, CITRUS JUICES (STRAINED)**
- **HERBAL TEA, TEA, COFFEE (WITHOUT CREAM/MILK), ICED TEA, ICED COFFEE**
- **NO DAIRY PRODUCTS**
- **GATORADE, SPORTS DRINKS, CRYSTAL LIGHT, SNAPPLE – NO RED OR PURPLE**
- **CLEAR CARBONATED BEVERAGES: GINGERALE, SEVENUP, SPRITE, MINERAL/PLAIN WATER, FLAVORED WATERS - NO RED OR PURPLE**

SOUPS: CLEAR BROTH, BOULLION, CONSOMME (ALSO FAT FREE), STRAINED VEGETABLE BROTH

DESSERTS: POPSICLES (NO RED OR PURPLE), HARD CANDIES, FLAVORED GELATIN, FRUIT ICE, AND ITALIAN ICE (WITHOUT FRUIT), NO RED OR PURPLE

NO ALCOHOL OF ANY KIND DURING THE PREPARATION