

ASC PROCEDURE:  
COVID TEST DATE: \_\_\_\_\_  
TEST TIME: \_\_\_\_\_

ALBANY GASTROENTEROLOGY CONSULTANTS, PLLC  
1375 Washington Avenue, Suite 101  
Albany, New York 12206  
518-533-5000

### COLONOSCOPY INSTRUCTIONS

Patient: \_\_\_\_\_ DOB: \_\_\_\_\_ Provider: \_\_\_\_\_

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

Location:  Ambulatory Surgery Center (ASC)     St. Peter's Hospital     Albany Medical Center  
1375 Washington Ave., Suite 201    315 South Manning Blvd.    47 New Scotland Ave.  
A Building-4th Floor-A 405

#### COLONOSCOPY - SUPREP PREPARATION INSTRUCTIONS

**One Week Prior to the Procedure**

Starting: \_\_\_\_\_

1. Stop herbals, vitamins, and oral iron supplements.
2. Arrange for a responsible adult to accompany you home after your procedure. You will be given sedation for your procedure and will not be allowed to drive yourself home.

**Two Days Prior to the Procedure:** \_\_\_\_\_

Begin low fiber diet.

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.
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 responsible adult to accompany you home after your procedure.

**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.

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**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**
- **CLEAR CARBONATED BEVERAGES: GINGERALE, SEVENUP, SPRITE, MINERAL/PLAIN WATER, FLAVORED WATERS**

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

**DESSERTS: POPSICLES, HARD CANDIES, FLAVORED GELATIN, FRUIT ICE, AND ITALIAN ICE (WITHOUT FRUIT)**

**NO ALCOHOL OF ANY KIND DURING THE PREPARATION**

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### 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><b>Breads, Cereal, Rice and Pasta:</b></p> <ul style="list-style-type: none"> <li>● white bread, rolls, biscuits, croissant, melba toast</li> <li>● waffles, French toast, and pancakes</li> <li>● White rice, noodles, pasta, macaroni and peeled cooked potatoes</li> <li>● plain crackers, Saltines</li> <li>● cooked cereals: farina, Cream of Rice</li> <li>● cold cereals: Puffed Rice, Rice Krispies, Corn Flakes and Special K</li> </ul>	<p><b>Breads, Cereal, Rice and Pasta:</b></p> <ul style="list-style-type: none"> <li>● breads or rolls with nuts, seeds or fruit</li> <li>● whole wheat, pumpernickel, rye breads and cornbread</li> <li>● potatoes with skin, brown or wild rice, and kasha (buckwheat)</li> </ul>
<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>● tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach and lima beans</li> </ul>	<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>● raw or steamed vegetables, lettuce, salad fixings</li> <li>● vegetables with seeds</li> <li>● sauerkraut</li> <li>● winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn</li> </ul>
<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>● strained fruit juice</li> <li>● canned fruit, except pineapple</li> <li>● ripe bananas</li> <li>● melons</li> </ul>	<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>● prunes and prune juice</li> <li>● raw or dried fruit</li> <li>● all berries, figs, dates and raisins</li> </ul>
<p><b>Milk/Dairy:</b></p> <ul style="list-style-type: none"> <li>● milk, plain or flavored</li> <li>● yogurt, custard and ice cream</li> <li>● cheese and cottage cheese</li> </ul>	<p><b>Milk/Dairy:</b></p> <ul style="list-style-type: none"> <li>● yogurt with nuts or seeds</li> </ul>
<p><b>Meat, Poultry, Fish, Dry Beans, and Eggs:</b></p> <ul style="list-style-type: none"> <li>● ground, well cooked tender beef, lamb, ham, veal, pork, fish, Poultry, and organ meats</li> <li>● eggs</li> <li>● peanut butter without nuts</li> </ul>	<p><b>Meat, Poultry, Fish, Dry Beans:</b></p> <ul style="list-style-type: none"> <li>● tough, fibrous meats with gristle</li> <li>● dry beans, peas, and lentils</li> <li>● peanut butter with nuts</li> </ul>
<p><b>Fats, Snack, Sweets, Condiments, and Beverages:</b></p> <ul style="list-style-type: none"> <li>● margarine, butter, oils, mayonnaise, sour cream, and salad dressing</li> <li>● plain gravies</li> <li>● sugar, clear jelly, honey, and syrup</li> <li>● spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables</li> <li>● coffee, tea, and carbonated drinks</li> <li>● plain cakes and cookies</li> <li>● gelatin, plain puddings, custard, ice cream, sherbet, Popsicles</li> <li>● hard candy or pretzels</li> </ul>	<p><b>Fats, Snack, Sweets, Condiments, and Beverages:</b></p> <ul style="list-style-type: none"> <li>● nuts, seeds, and coconut</li> <li>● jam, marmalade, and preserves</li> <li>● pickles, olives, relish, and horseradish</li> <li>● all desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran</li> <li>● candy made with nuts or seeds</li> <li>● popcorn</li> </ul>