

SUPREP

BOWEL PREP INSTRUCTIONS FOR DAY BEFORE YOUR COLONOSCOPY

As **SOON** as you wake up on the **DAY BEFORE** your procedure, begin a clear liquid diet.

DRINK AT LEAST EIGHT (8) GLASSES OF WATER OR CLEAR LIQUIDS OR MORE THROUGHOUT THE DAY!! YOU COULD HAVE DIFFICULTY TOLERATING THE PREP IF YOU ARE NOT ADEQUATELY HYDRATED!!!

*****NO SOLID FOODS AT ALL ON THE DAY BEFORE YOUR PROCEDURE- ONLY CLEAR LIQUIDS!!!*****

Clear liquids include water, cokes, **BLACK** coffee, non-herbal teas, clear broths, apple juice, white grape juice, Gatorade, kool-aide, or banana popsicles.

Do not eat OR drink any **RED OR ORANGE** liquids, such as Jell-O, Gatorades, Kool Aide, Crystal Light, or popsicles. No fruit juices like orange, grape, or any juice with pulp.

No milk or dairy products. This includes creamer and milk for coffee and tea. Do not drink any Ensure, Boost, or any other milk based dietary supplement on this day.

*******IT IS RECOMMENDED THAT YOU BE AT HOME WHEN THE BOWEL PREP STARTS!!!!*******

When you are done with the prep you may have CLEAR LIQUIDS UNTIL MIDNIGHT, AND THEN NOTHING TO EAT OR DRINK AFTER MIDNIGHT!!!!!!

On the morning of the scope you can take your routine prescription medications with a **VERY SMALL SIP OF WATER.** **** DO NOT TAKE REFLUX MEDICATIONS IF HAVING AN UPPER SCOPE.****

Due to sedation, you are not allowed to drive. You must have a responsible adult bring you to the procedure, stay at the facility while your procedure is being done, and then take you home. This is required by all facilities we use.

You will be instructed by Dr. Shikoh and the facility on your discharge instructions and whether follow up care is needed.