

Colonoscopy Prep Instructions

Procedure Date: _____

Procedure Arrival Time: _____

Procedure Location:

- Endoscopy Suite-2859 HWY 45 Bypass
- Baptist-155 Innovation Park

Gastroenterologist:

- Dr. Mark Milone
- Dr. Sameer Dawoodi

7

Days Before Procedure Start a Low Fiber Diet

Date: _____

Eat: white bread, rice, pasta, chicken, fish, eggs, juice (no pulp)

Avoid: seeds, nuts, whole grains, beans, popcorn, dairy

4

Days Before Procedure Stop Certain Medications

Date: _____

Stop: NSAIDs (Advil, Aleve, Aspirin), fish oil, vitamin E, multivitamins, and Coumadin

Continue a low fiber diet

3

Days Before Procedure Hydrate

Date: _____

Drink at least 64 oz of water daily

Continue a low fiber diet

2

Days Before Procedure Begin Prep

Date: _____

Drink the entire bottle of Magnesium Citrate (10 oz)

Continue a low fiber diet

1

Day Before Procedure Clear Liquids ONLY

Date: _____

NO FOOD

Allowed: water, Gatorade, broth, Jell-O, coffee/tea (no cream)

Avoid: red/purple liquids, dairy, alcohol

PM

Evening Before 5:00 pm

Date: _____

NO FOOD

Drink the first bottle of Suprep

AM

Day of Procedure 5 Hours Before

Date: _____

NO FOOD

Drink the second bottle of Suprep

Stop all fluids 3 hours before arrival

Questions? Call 731-422-0305