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SUPREP PREPERATION FOR COLONOSCOPY

A FEW DAYS BEFORE COLONOSCOPY

- Stock up on clear fluids such as ice tea, Jell-O, soda, broth, lemonade, as your tastes prefer.
- Do not wait until the last day to pick up your prescription.

THREE DAYS BEFORE THE COLONOSCOPY

- No vegetables, nuts, seeds, salads for 3 days.

THE DAY BEFORE THE COLONOSCOPY

- You may eat breakfast or lunch until _____. Then begin liquid diet until the rest.
- Stay on a clear liquid diet for the entire day beginning 24 hours before your colonoscopy.
- It is okay to have a modest amount of milk in coffee.
- Hydrate vigorously before the laxatives, and after. Drink often, and drink more. After the colonoscopy you should drink at least a quart in the next 8 hours. Hydration leads to a high quality preparation, higher detection of precancerous polyps, fewer complications, and improved tolerance of the preparation.
- A clear liquid is any liquid you can see through.

- ✓ Water
- ✓ Ginger ale, Lemon-lime soda
- ✓ Strained fruit juice without the pulp
- ✓ Ice Popsicles
- ✓ Tea, coffee without milk or creamer
- ✓ Lemonade

- ✓ Clear broth or bouillon
- ✓ Sports drink (eg., Gatorade)
- ✓ Kool-Aid or other fruit flavored drinks
- ✓ Plain Jell-O without added fruit or toppings

NONE OF THESE SHOULD BE RED OR PURPLE IN COLOR.

Avoid dairy products.

- **DO NOT EAT ANY SOLID FOOD**, except those listed. If you tend to get low blood sugar, review the instructions for hypoglycemia on page 1.

THE EVENING BEFORE THE COLONOSCOPY AT 7 PM

- Pour **ONE** (1) 6-ounce bottle of SUPERB liquid into the mixing container.
- Dilute it with cool water to the 16 ounce line and mix it.
- Drink it all.
- Follow it with 16 ounces of beverage of your choice within 30 minutes.
- Drink another 16 ounces of beverage of your choice within another 30 minutes.
- Continue to drink as much water or other fluids as possible until bedtime.

6 HOURS BEFORE THE COLONOSCOPY TIME AT _____AM/PM

- Pour ONE (1) 6-ounce bottle of SUPERB liquid into the mixing container
- Dilute it with cool water to the 16 ounce line and mix it.
- Drink it all.
- Follow it with 16 ounces of clear beverage of your choice within 30 minutes.
- Drink another 16 ounces of clear beverage of your choice within another 30 minutes.

4 HOURS BEFORE COLONOSCOPY AT _____AM

- Please take heart medications or blood pressure medications, other than water pills, with a glass of water 4 hours before the scope or the night before. Most other medications can be delayed until after the procedure.
- Avoid diuretics or water pills until after the procedure and not before
- Tranquilizers or relaxing medications should not be taken on the morning of the test because of the potential interaction with sedatives.
- **DO NOT EAT OR DRINK 4 HOURS BEFORE SCOPE**(except medications with small sips of water) until after colonoscopy.
- You must have an escort to pick you up after the procedure. If you do not have an escort, the procedure will be cancelled or rescheduled.
- If you have concerns about this requirement, please discuss it with the gastroenterologist.

PLEASE BRING THE COMPLETED ANESTHESIA QUESTIONNAIRE WITH YOU.

QUESTIONS? CALL THE OFFICE IF YOU HAVE ANY QUESTIONS.

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