The Gastro CLINIC Suite 303 337-232-6697

Lafayette General Endoscopy Center Suite 302 337-289-8249

IF YOU CANNOT KEEP YOUR APPOINTMENT, PLEASE GIVE AT LEAST TWO (2) BUSINESS DAYS NOTICE

COLONOSCOPY PREP USING SUPREP

Your colonoscopy is scheduled on ______arrive at

Procedures scheduled before NOON

ONE WEEK before procedure

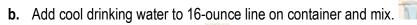
- Stop all OTC medicine. May continue Tylenol & 81mg Aspirin.
- Notify office if you use any blood thinners (example: Coumadin or Plavix).
- Go to pharmacy and pick-up prescription for prep (we have sent it electronically).

TWO DAYS before the procedure, start low residue diet (Sat-Sun-Mon-Tues-Wed-Thurs-Fri)

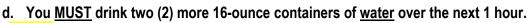
ONE DAY before the procedure, start clear liquid diet (Sat-Sun-Mon-Tues-Wed-Thurs-Fri)

Continue clear liquids all day. It is important to drink at least 64oz of clear liquids before you begin prep.

- 1. Between 4-6pm, Start prep. complete steps a-d exactly as directed:
 - a. Pour **ONE** (1) 6-ounce bottle of SUPREP into mixing container.



c. Drink <u>ALL</u> liquid in container.



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- 2. Between 9-10pm, REPEAT STEPS a-d as listed above.
- 3. When you finish Suprep, you should pass clear liquid from rectum. If return is not clear, take a Fleets enema in the evening and another Fleets enema in the morning at least two hours prior to scheduled arrival time.
- 4. Nothing by mouth after midnight, except as noted below.

MORNING OF the procedure:

- 1. The endoscopy center opens at 7:00AM if you have questions. You may brush your teeth.
- 2. You may continue clear liquid diet until 4 hours prior to arrival time.
- 3. Only blood pressure/heart medications should be taken with a small amount of water on the morning of procedure.
- 4. All other medications should NOT be taken the morning of test. Resume medications after you are able to eat.
- BRING YOUR CURRENT MEDICATIONS OR LIST WITH YOU ON THE DAY OF YOUR TEST
- 6. You will be sedated and need to have someone available to listen to the doctor's advice upon discharge and drive you home after the test. If you do not have a driver, your test will be rescheduled.
- ***Prep Tips***
- ✓ Walking around helps the prep go down.
- ✓ You may reduce rectal soreness from the prep by cleansing with baby wipes after bowel movements and then
 applying zinc oxide to the skin in the rectal area.
- ✓ The prep may seem difficult but it allows the physician to see the lining of your colon clearly.
- ✓ Using a straw to drink the prep may help with the taste and getting the prep down.
- ✓ A good prep may lengthen the time needed before your next colonoscopy!

***IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR OFFICE AND ASK FOR A NURSE**

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Lafayette General Endoscopy Center Suite 302 337-289-8249
IF YOU CANNOT KEEP YOUR APPOINTMENT, PLEASE GIVE AT LEAST TWO (2) BUSINESS DAYS NOTICE

COLONOSCOPY PREP USING SUPREP

Your colonoscopy is scheduled on	arrive at

Procedures scheduled at NOON or later

ONE WEEK before procedure

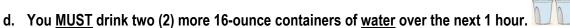
- Stop all OTC medicine. May continue Tylenol & 81mg Aspirin.
- Notify office if you use any blood thinners (example: Coumadin or Plavix).
- Go to pharmacy and pick-up presc ription for prep (we have sent it electronically).

TWO DAYS before the procedure, start low residue diet (Sat-Sun-Mon-Tues-Wed-Thurs-Fri)

ONE DAY before the procedure, start clear liquid diet (Sat-Sun-Mon-Tues-Wed-Thurs-Fri)

Continue clear liquids all day. It is important to drink at least 64oz of clear liquids before you begin prep.

- 1. Between 4-6pm, Start prep. complete steps a-d exactly as directed:
 - a. Pour **ONE** (1) 6-ounce bottle of SUPREP into mixing container.
 - b. Add cool drinking water to 16-ounce line on container and mix.
 - c. Drink ALL liquid in container.



2. Nothing by mouth after midnight, except as noted below.

The MORNING OF the procedure:

- **1.** Six hours prior to your procedure_____, REPEAT STEPS a-d as listed above.
- 2. When you finish Suprep, you should pass clear liquid from rectum. If return is not clear, take a Fleets enema at least two hours prior to arrival time.
- 3. The endoscopy opens at 7:00AM if you have questions. You may brush your teeth.
- 4. You may continue clear liquid diet until 4 hours prior to arrival time.
- 5. Only blood pressure/heart medications should be taken with a small amount of water on the morning of procedure.
- 6. All other medications should NOT be taken the morning of test. Resume medications after you are able to eat.
- 7. BRING YOUR CURRENT MEDICATIONS OR LIST WITH YOU ON THE DAY OF YOUR TEST
- 8. You will be sedated and need to have someone available to listen to the doctor's advice upon discharge and drive you home after the test. If you do not have a driver, your test will be rescheduled.

Prep Tips

- ✓ Walking around helps the prep go down.
- ✓ You may reduce rectal soreness from the prep by cleansing with baby wipes after bowel movements and then
 applying zinc oxide to the skin in the rectal area.
- ✓ The prep may seem difficult but it allows the physician to see the lining of your colon clearly.
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LOW RESIDUE DIET

This is used to heal the colon and also used to prepare for procedures. It is low in fiber and fat.

This is used to heal the colon and also used to prepare for		Î
Food Type	Foods Allowed	Foods Not Allowed
Beverages	 Coffee, tea and decaff. beverages Skim or 1% milk (limit to 1 cup/day) Carbonated drinks (1 cup per day) 	High fat milk & milk productsAlcohol
Breads, Cereal, Rice, & Pasta	 Soft breads such as white breads Crackers without wheat, nuts, or seeds Cooked cereals (grits/cream of wheat) Rice krispies, corn flakes, Special K White rice, Pasta 	 Whole grain bread, cereal, pasta Oatmeal or Granola cereals Any with nuts, seeds, or fruit seasoned bread, grain, or pasta Brown or wild rice
Fruit/Juices	 All strained fruit juices Canned peaches, pears, apricots Applesauce; Baked apple without skin Ripe banana 	All other fruits and juicesNo prunes or prune juice.
Vegetables	 Tender cooked green beans, wax beans, asparagus, beets, carrots, and white potatoes (all skins removed) Vegetable juices (<u>NOT V-8</u>) Tomato sauce, plain with no spice 	 Raw or Fried vegetables All vegetables with skins Broccoli, brussel sprouts, cabbage, cauliflower, corn, dried beans and peas, onions, rutabagas Potato chips
Meat or Substitute	 Baked, broiled, boiled, roasted, stewed, or microwaved tender chicken, turkey, veal, beef, lamb, and lean pork Smooth peanut butter Tofu Eggs or egg substitute (not fried) Tuna, crawfish, shrimp, crabmeat Soft mild American or cheddar cheese 	 All fried meats Meats cooked in roux/cream sauce Tough, stringy, highly seasoned meats Sausage, boudin, cracklins Regular cold cuts, hot dogs Dried peas or beans All other cheese
Soups	 Clear broth based soups Chicken or turkey noodle Chicken with rice 	All others
Fats/oils	 Limit 1-2 tsp per meal Margarine, butter, mayonnaise, oil, non-dairy creamer 	All fried foodsAll others.
Sweets & Desserts	 Sugar, syrup, honey, jelly, seedless jam, Hard candies Plain cakes (angel food, sponge) Plain cookies (animal, sugar, vanilla) Jello-O, Popsicles, sherbet 	 Jams & marmalade Sweets containing nuts, coconut, or chocolate All others
Miscellaneous	 Salt, mild herbs and flavorings, such as vanilla, cinnamon and paprika Mildly flavored gravies and sauces Lemon juice non-nutritive sweeteners 	 Black and red pepper Mustard seeds, onions, garlic Vinegar, catsup, mustard, BBQ sauce, horseradish, steak sauce Coconut, nuts, pickles, olives, popcorn

Sample Menu

Breakfast	Lunch	Dinner
½ cup apple juice	3 oz roast beef/gravy	3 oz baked chicken
½ cup grits w 1 tsp margarine	½ cup mashed potatoes	2/3 cup buttered rice
1 poached egg	1-cup steamed carrots	½ cup green beans
1 slice white toast	1 dinner roll	½ cup canned peaches
1-cup skim milk	1 slice angel food cake	1-cup iced tea
1-cup decaf coffee	1-cup fruit punch	

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Clear Liquid Diet

A clear liquid diet consists of clear liquids — such as water, broth and plain gelatin — that is easily digested and leaves no undigested residue in your intestinal tract. **NO RED OR PURPLE OF ANY KIND**

If you can't see through it, DON'T drink it.

Food Type	Liquids Allowed	Liquids NOT Allowed
Beverages	 Water Black coffee & tea (regular or decaf) Kool-aid, fruit flavored beverages Sports drinks Carbonated beverages limited to 2/day 	 Milk & milk like products Alcoholic beverages Creamers (including non-dairy) RED OR PURPLE
Fruit Juices	Strained juices including apple, white grape, white cranberry	Fruit juice with pulpPrune juiceRED OR PURPLE
Soups	Clear chicken, beef, or vegetable brothBouillion or consommé'	All others
Desserts	 Jello, NO RED OR PURPLE Popsicles, NO RED OR PURPLE Snowballs, NO RED OR PURPLE 	Any red or purple liquidAll other desserts
Sugars/Sweets	Sugar, honey, syrup	All others RED or PURPLE
Seasonings	Salt	All others
Meat	None	
Fats	None	
Breads/Cereals	None	
Vegetables/Fruit	 Clear, strained liquid - NO RED OR PURPLE 	All others

The day before your procedure, do not drink anything red/purple colored liquid. By avoiding these red/purple colored liquids, your returns from the prep should be yellow or light green.

Clear Liquid Recipes

Frozen Fruit Slush	Fruit Fizz	Lemon Lime Slushie
1-6oz can frozen clear juice	1-cup clear liquid juice	Juice from two limes & one
concentrate	½ cup sparkling water	lemon, strained
4 Tablespoons sugar	½ cup ice	1-cup sparkling water
3 cups crushed ice		1-cup ice
	Blend ice and juice until	4 teaspoons sugar, or to taste
Mix all ingredients.	slushy. Pour in glass &	
Blend until smooth.	add sparkling water.	Blend ice & juice 'til slushy.
		Add sparkling water.

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