

Procedure Date \_\_\_\_\_

Arrival time \_\_\_\_\_ Procedure time \_\_\_\_\_

Any questions or concerns please call 315-234-6677

➡ **PICK UP YOUR PREP KIT NOW**  
and keep it in your cabinet at home until needed

Please report to:  
**SYRACUSE ENDOSCOPY ASSOCIATES**  
CNY Medical Building, 739 Irving Ave #420, Syracuse, NY



# COLONOSCOPY PREP INSTRUCTIONS

Your doctor has ordered this test to screen for colon cancer including finding and removing potentially harmful polyps. You will need to follow the instructions included to be properly prepped/clean for your procedure or the procedure will need to be rescheduled and a \$150 cancellation fee will be charged to you. This is an important screening tool, we understand the prep can be difficult for some, but we ask that you follow these instructions so we can provide you with the best care we can in a timely manner.



Can you see the pot holes in the above picture? This is the equivalent of your doctor trying to see polyps during your colonoscopy if your prep is not done correctly.



This is a clear road that allows for easily seeing the pot holes in the road. This is the difference of a prep done completely and following our instructions and a poor prep. This picture would allow your doctor to do a more thorough exam because they best view the colon.

OFFICE:	Diabetic	MRSA	VRE	ESBL	Active C-Diff	Pacer/Defib: copy card - cardio's name	Bld thinners: Prescribing dr	Clotting disorder	Translator needed	Oxygen - how many liters?	Malignant Hyperthermia
---------	----------	------	-----	------	---------------	---	---------------------------------	----------------------	----------------------	------------------------------	---------------------------

Staff: Circle for yes. Cross off for no.

## 7 DAYS BEFORE YOUR COLONOSCOPY:

- Stop these vitamins & supplements
  - IRON
  - Multivitamins
  - Vitamins A&E
  - Phentermine
  - Herbal medicines
  - Fish Oil
  - Carfate
- A week before your appointment you will receive a call to review instructions and confirm your appointment. Please return that call if it is missed.
- Start following the Low Fiber/Low Residue diet included in this packet.
- Make sure you have your prep. Only one of the four prep drinks on the following page will apply to you.
- **You will not be allowed to drive after your procedure.** Please arrange for a responsible adult to drive you home. We request that your driver stay in the waiting room during your procedure. If it is necessary for you to use a Taxi or Uber, you still **MUST** have a responsible adult, like a family member or friend, accompany you on the drive home.
- If you take a blood thinner (such as Coumadin, Plavix, etc.), please be sure the office is aware.
- If you have a pacemaker or defibrillator, please be sure the office is aware.
- If you are a diabetic patient please call the doctor that manages your diabetes and let them know you will be prepping for a colonoscopy. They will advise you on instructions for adjusting your medications during your prep.

## 2 DAYS BEFORE YOUR COLONOSCOPY

- Do not take any Viagra, Cialis, or any erectile dysfunction medications.

## 1 DAY BEFORE YOUR COLONOSCOPY STARTING WHEN YOU WAKE UP:

- Clear liquid drinks only all day today. Drink extra amounts of CLEAR liquids today to help you feel full, to keep hydrated and help flush your system.
- **DO NOT EAT FOOD TODAY. CLEAR LIQUIDS ONLY THE ENTIRE DAY.**

### CLEAR LIQUIDS INCLUDE:

Gelatin (NO pudding) (NO red or purple)  
Water  
Tea with no cream  
Broths such as chicken or beef  
White grape or white cranberry juice  
Soda - no colas or dark soda  
Gatorade or Kool Aid (NO red or purple)  
Popsicles (NO red or purple)  
One cup of black coffee is okay *in the morning (the day BEFORE your procedure ONLY).*

### WHAT YOU CAN NOT EAT/DRINK

Milk or milk products  
Anything with Red or Purple dyes  
Any form of alcohol

# PREP INSTRUCTIONS

**YOU MUST FOLLOW OUR  
INSTRUCTIONS...  
NOT THE PHARMACY'S**

## 5:00pm THE NIGHT BEFORE YOUR PROCEDURE:

\*\*\*Find your specific prep instructions below (only ONE of these four will apply to you).

### **Suprep:**

Pour (1) bottle into the supplied mixing cup. Add cold water to the fill line. Drink the entire cup. Using the cup provided, drink 2 full cups of water within the next hour.  
DO NOT ADD FLAVORING

### **CLENPIQ:**

Drink one 5.4oz bottle of CLENPIQ. Over the next couple hours drink five (5) eight ounce glasses of clear liquids.

### **GoLYTELY, Gavilyte, NuLYTELY, Peg 3350-electrolytes, or any 128oz Generic prep:**

Dissolve powder in warm water, add flavor packet if desired (NO RED). Begin drinking the solution at the rate of 8oz every 10-15 minutes until you have consumed half of the container, or 64oz.

### **MoviPrep:**

Mix first half of the prep with lukewarm water. Flavor packets or powdered drink mix can be added at this time (NO RED). Begin drinking at the rate of 8oz every 10-15 minutes until gone.

## 6 HOURS BEFORE YOUR ARRIVAL TIME:

- Repeat above steps.

## 4 HOURS BEFORE YOUR SCHEDULED ARRIVAL:

- You should **STOP** drinking all liquids, including water. (may take your medications with 1-2 sips of water up to 2 hours before your arrival time)
- Do not chew gum, hard candy or chewing tobacco.

**TO PREVENT DEHYDRATION  
AND HEADACHE...  
CONTINUE DRINKING  
CLEAR LIQUIDS**



### **SUGGESTIONS:**

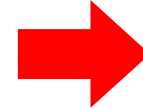
- Do not sip your prep.
- Drink each glass as rapidly as possible with a straw toward the back of your mouth.
- Sucking on hard candy between glasses is sometimes helpful.
- If you become sick to your stomach while drinking your prep, STOP until the nausea passes. Then resume at the rate specified

## GOOD PREP

This is a similar color and similar consistency of stool for a well prepped patient



**YOU MUST**  
**FOLLOW OUR INSTRUCTIONS...**  
**NOT THE PHARMACY'S**



## POOR PREP

This would be what your stools would look like with poorly followed prep instructions. Call our office before coming in if your stools are like this.



### The following foods are generally ALLOWED on a low-fiber diet:

- Any white pasta, rice, crackers, or anything made with white flour
- White rice, plain white pasta, noodles and macaroni
- Canned or cooked fruits or vegetables without skins, seeds or membranes, or juices with no pulp
- Meats (ground beef and soft meats), fish, eggs, tofu
- Creamy peanut butter
- Milk and milk products (yogurt, pudding, ice cream, cheeses and sour cream), 2 cups a day
- Butter, margarine, oils and salad dressings without seeds
- **No whole grains, seeds, nuts, raisins or coconut**

### You should AVOID the following foods:

- Whole-wheat or whole-grain breads, cereals and pasta
- Brown or wild rice and other whole grains such as oats, kasha, barley, quinoa
- Dried fruits and prune juice
- Raw fruit, including those with seeds, skin or membranes, such as berries
- Raw or undercooked vegetables, including corn
- Dried beans, peas and lentils
- Seeds and nuts, and foods containing them
- Coconut
- Popcorn

The diet includes foods that will reduce (not eliminate) the residue in the colon. This diet is smooth in texture and is mechanically and chemically nonirritating.

Keep in mind that you may have fewer bowel movements and smaller stools while you're following a low-fiber diet. To avoid constipation, dehydration, and headaches, you need to drink extra fluids.

**LOW FIBER/LOW RESIDUE DIET**