

Low- Residue (Low-Fiber) and Low- Dairy Diet

Follow this diet starting TWO days before your colonoscopy
STOP this diet at 5 pm the day before your colonoscopy and **BEGIN Clear Liquid Diet** instead (see below).

You will need to start a low residue (low-fiber) diet TWO days before the day of your colonoscopy. This is a low-fiber diet that **does not allow** fresh fruit, vegetables, whole grains and most dairy. Below is a list of foods that you must **avoid** for the two days prior to your procedure.

Foods to avoid:

- Avoid any foods made with seeds, nuts, fresh or dried fruit and vegetables.
- Avoid whole-grain breads and cereals. Eat products made from refined flour.
- Avoid all fruits and vegetables, except for the few listed below.
- Avoid beans, peas and lentils.
- Avoid tough, fibrous meats and red meats.
- Limit dairy intake including milk, cheese and ice cream. A small amount of dairy is okay.

Foods you are allowed to eat until 5 pm the day before your colonoscopy:

Grains: breads and grains made with refined white flour (including rolls, muffin, bagels, pasta), white rice, plain crackers (Saltines), low fiber cereal (including puff rice, cream of wheat, corn flakes).

Meat and Protein: chicken, turkey, lamb, lean pork, veal, fish and sea food, eggs, tofu.

Fruit: fruit juice without pulp, applesauce, ripe cantaloupe and honeydew.

Vegetables: cooked potatoes without skin, mashed potatoes.

Soup: broth, bouillon, consommé, and strained soups.

Drinks: coffee, tea, clear fruit drinks (without pulp), soda and other carbonated beverages, Ensure, Boost, Impact or protein shakes without added fiber.

Dessert: pudding, Jell-O, custard.

At 5 pm the day before your colonoscopy, you will switch to a Clear Liquid Diet, unless you are taking SUTAB, which begins at 4 pm.

A Clear Liquid diet ONLY allows:

- Water
- Clear fruit juices (without pulp)
- Limeade
- Lemonade
- Coffee (No Cream)
- Chicken Broth
- Tea
- Clear Soda
- Jell-O (No Red or Purple)
- Popsicle (No Red or Purple)

**If you have any questions, please call 815-717-8730.
SCROLL DOWN FOR PREP INSTRUCTIONS**

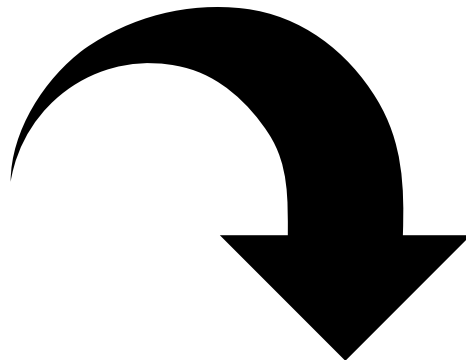
BOWEL PREP INSTRUCTIONS

Click the bowel prep you have been prescribed for instructions or keep scrolling:

[GoLYTELY](#)

[SUPREP](#)

[SUTAB](#)



GoLYTELY BOWEL PREP INSTRUCTIONS FOR COLONOSCOPY

Location: Enter through main doors of *Silver Cross Hospital* and check in on the second floor.

The best possible examination requires that the colon be empty of stool. Residual stool in the colon may make the visual exam or removal of polyps impossible. Therefore, it is imperative that you follow the diet and prep instructions below.

TWO DAYS BEFORE YOUR COLONOSCOPY, FOLLOW [DIET RESTRICTIONS](#) ON PAGE ONE OF THIS DOCUMENT (or click [here](#).)

***Mix and refrigerate the colon electrolyte solutions (according to the directions on the container) a few hours prior to beginning your prep. You may add Crystal Light Sugar Free Lemonade to the container or your glass. Do not add any other liquids or flavors.

Starting at 5pm the evening before you colonoscopy, you are to have only [clear liquids](#) (see page one or click [here](#)). You will also start your bowel prep at 5pm.

Starting your bowel prep:

- Begin drinking the solution - Drink one 8oz glass every 10-20 minutes. Slow down or stop for 30 minutes if you begin to have nausea or abdominal discomfort.
- Do not drink the gallon in less than 3 hours but finish in no longer than 4 hours.
- Drink the entire Prep.
- Liquid stools will usually start within an hour.
- Continue drinking clear liquids even after you have finished the prep, as tolerated. Extra fluids will continue to clean out your colon and keep you hydrated.
- Your prep is adequate if you are passing clear, yellow fluid without sediment.

YOU ARE TO HAVE NOTHING TO DRINK AFTER MIDNIGHT.

The day of your procedure:

DO NOT TAKE ANY OF YOUR REGULAR MEDICATIONS. Arrive at Silver Cross Hospital and check in on the second floor. You will need to arrange a ride to drive you home. You CANNOT use any public transportation to drive you home.

If you have any questions, please call out office at 815-717-8730.

SUPREP BOWEL PREP INSTRUCTIONS FOR COLONOSCOPY

Location: Enter through main doors of **Silver Cross Hospital** and check in on the second floor.

The best possible examination requires that the colon be empty of stool. Residual stool in the colon may make the visual exam or removal of polyps impossible. Therefore, it is imperative that you follow the diet and prep instructions below.

TWO DAYS BEFORE YOUR COLONOSCOPY, FOLLOW [DIET RESTRICTIONS](#) ON PAGE ONE OF THIS DOCUMENT (or click [here](#))

One day before the procedure:

Continue to follow a low residue (low-fiber) diet until 5pm.

Starting at 5pm the evening before your colonoscopy, you are to have only [clear liquids](#) (see page one or click [here](#)). You will also start your bowel prep at 5pm.

Starting your bowel prep:

***Refrigerate the SUPREP solution before drinking, it tastes better chilled. You may mix the SUPREP solution with any clear liquid.

Begin steps 1-4 using one 6oz bottle of SUPREP solution. If you feel nauseated, drink SUPREP more slowly or try using a straw.

STEP 1



Pour one 6oz bottle into the cup provided.

STEP 2



Add a clear liquid of your choice into the cup up to the 16-ounce line and mix

STEP 3



Drink ALL the liquid in the cup

STEP 4



You must drink 2 more cups, a clear liquid, 16-ounces each within the next hour

At 9pm: Take the second dose of SUPREP and follow steps 1-4 again.

YOU ARE TO HAVE NOTHING TO DRINK AFTER MIDNIGHT.

The day of your procedure:

DO NOT TAKE ANY OF YOUR REGULAR MEDICATIONS. Arrive at Silver Cross Hospital and check in on the second floor. You will need to arrange a ride to drive you home. You CANNOT use any public transportation to drive you home.

If you have any questions, please call our office at 815-717-8730.

SUTAB BOWEL PREP INSTRUCTIONS FOR COLONOSCOPY

Location: Enter through main doors of **Silver Cross Hospital** and check in on the second floor.

The best possible examination requires that the colon be empty of stool. Residual stool in the colon may make the visual exam or removal of polyps impossible. Therefore, it is imperative that you follow the diet and prep instructions below.

TWO DAYS BEFORE YOUR COLONOSCOPY, FOLLOW [DIET RESTRICTIONS](#) ON PAGE ONE OF THIS DOCUMENT (or click [here](#)).

One day before the procedure:

Continue to follow a low residue (low-fiber) diet until 4pm. **Starting at 4pm**, are to have only [clear liquids](#) (see page one for acceptable clear liquids or click [here](#)). Remember for this prep, you begin clear liquids at 4 pm, not 5 pm!

Starting your bowel prep:

Your bowel prep is in two doses. Make sure you complete both doses.

STEP 1 – Start time 4PM (9PM)



Fill cup provided to fill line with water. Start taking tablets with a drink of water for each tablet. Take all 12 tablets and drink all water in cup before 4:30PM.

STEP 2 – At 5:30PM (10:30PM)



Fill the cup provided again with water and drink the entire amount before 6pm.

STEP 3 – At 6:30PM (11:30PM)



Fill the cup provided again with water and drink the entire amount before 7pm.

At 9pm: Begin steps 3-6 using the second bottle of SUTAB Tablets. (The times in parentheses are for steps 3-6)

STEP 4 – At 9pm – start taking tablets with a drink of water for each tablet. Take all 12 tablets with at least 16 oz of water before 9:30pm.

STEP 5 – At 10:30pm, fill the container with water and drink the entire amount before 11pm.

STEP 6 - At 11:30pm, fill the container again with water and drink the entire amount before 12am.

YOU ARE TO HAVE NOTHING TO DRINK AFTER MIDNIGHT.

The day of your procedure:

DO NOT TAKE ANY OF YOUR REGULAR MEDICATIONS. Arrive at Silver Cross Hospital and check in on the second floor. You will need to arrange a ride to drive you home. You CANNOT use any public transportation to drive you home.

If you have any questions, please call out office at 815-717-8730.