

# Progressive Surgical Associates

## **What is colonoscopy?**

A colonoscopy is a procedure that enables your physician to examine your colon (large bowel) for abnormalities by inserting a flexible tube into the anus and advancing it slowly into the rectum and colon.

## **What preparation is required?**

The colon must be completely clean for the procedure to be accurate and complete. Please take the prescription given to you for bowel prep to your pharmacy. Follow the instructions your physician has given to you for this bowel prep.

## **What are polyps and why are they removed?**

Polyps are abnormal growths from the lining of the colon which vary in size from a tiny dot to several inches. The majority of polyps are benign (non-cancerous) but the doctor cannot always tell a benign from a malignant (cancerous) polyp by its outer appearance alone. For this reason, removed polyps are sent for tissue analysis. Removal of polyps is an important means of preventing colorectal cancer.

## **What are the possible complications of a colonoscopy?**

Colonoscopy and polypectomy are generally safe. Complications can occur but are rare when the procedure is performed by physicians who have specialized training and experience in the procedure.

A possible complication is a perforation or tear through the bowel wall that could require surgery, or bleeding may occur from the site of a biopsy or polypectomy. Bleeding is usually minor and stops on its own or can be controlled through the colonoscopy. Rarely, blood transfusions or surgery may be required.

Although complications after a colonoscopy are uncommon, it is important for you to recognize early signs of any possible complication. Contact your doctor if you notice any of the following symptoms:

- Severe abdominal pain
- Fever and chills
- Large amount of rectal bleeding

Your colonoscopy is on \_\_\_\_\_.

**TWO DAYS** before your colonoscopy, follow a Low-Residue (Low-Fiber) and Low-Dairy Diet.

**ONE DAY** before your colonoscopy, you may have a light, easy to digest breakfast like eggs and black coffee before 9 am. (Do not eat any of the foods you avoided the day before for this breakfast). At 9 am, **BEGIN Clear Liquid Diet. NO SOLID FOODS AFTER 9 am.** Begin your bowel prep the evening before your colonoscopy at 5 pm. You may continue drinking clear liquids the rest of the evening. **NO MORE LIQUIDS AFTER MIDNIGHT.**

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

## DIET RESTRICTIONS

Follow a **Low- Residue (Low-Fiber) and Low- Dairy Diet TWO** days before your colonoscopy. **ONE** day before your colonoscopy, you may have a light, easy to digest breakfast like eggs and black coffee before 9 am. (Do not eat any of the foods you avoided the day before for this breakfast). At 9 am, **BEGIN Clear Liquid Diet**.

### LOW RESIDUE DIET (TWO DAYS BEFORE)

#### 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 two days 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.

**The day before your colonoscopy, you may have a light, easy to digest breakfast like eggs and black coffee before 9 am. (Do not eat any of the foods you avoided the day before for this breakfast.) Then at 9 am the day before your colonoscopy, you will switch to a Clear Liquid Diet.**

#### A Clear Liquid diet ONLY allows:

- Water
- Clear fruit juices (without pulp)
- Limeade
- Lemonade
- Coffee or Tea (No Cream)
- Chicken Broth
- 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

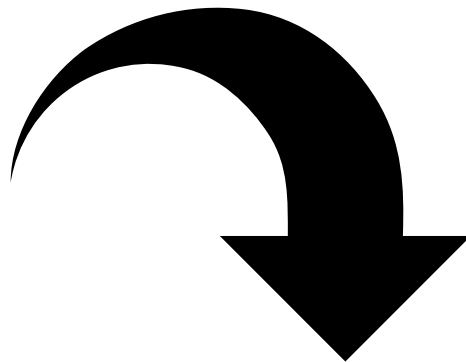
Click the bowel prep you have been prescribed for instructions or keep scrolling:

[GoLYTELY](#)

[SUPREP](#)

[SUTAB](#)

[CLENPIQ](#)



## 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, BEGIN [DIET RESTRICTIONS](#) OUTLINED ON PAGE ONE OF THIS DOCUMENT (or click [here](#).)**

**Starting at 9 am the day before your colonoscopy,** you are to have only [clear liquids](#) (see page one or click [here](#)). You will start your bowel prep at 5pm.

Starting your bowel prep:

\*\*\*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

- 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 MAY DRINK CLEAR LIQUIDS UNTIL MIDNIGHT.  
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, BEGIN [DIET RESTRICTIONS](#) OUTLINED ON PAGE ONE OF THIS DOCUMENT (or click [here](#))**

**You will start your bowel prep at 5pm.** Refrigerate the SUPREP solution before drinking, it tastes better chilled. You may mix the SUPREP solution with any clear liquid.

Starting your bowel prep:

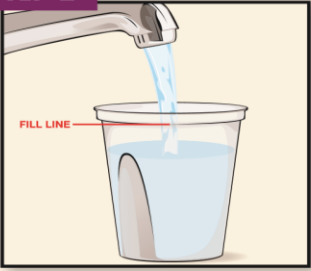
Begin steps 1-4 using one 6oz bottle of SUPREP solution. If you feel nauseated, drink SUPREP more slowly or try using a straw.

**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

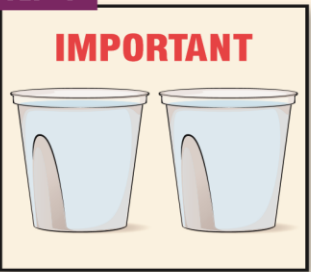
**STEP 3**



Drink ALL the liquid in the cup

**STEP 4**

**IMPORTANT**



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 MAY DRINK CLEAR LIQUIDS UNTIL MIDNIGHT.

**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, BEGIN [DIET RESTRICTIONS](#) OUTLINED ON PAGE ONE OF THIS DOCUMENT (or click [here](#)).**

At 9 am the day before your colonoscopy, you are to have only [clear liquids](#) (see page one for acceptable clear liquids or click [here](#)). Remember for this prep, you begin 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**



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**



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

**STEP 3 – At 6:30PM**



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

**STEP 4 – Start time 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 9:30PM.

**STEP 5 – At 10:30PM**



Fill the cup provided again with water and drink the entire amount before 11PM.

**STEP 6 – At 11:30PM**



Fill the cup provided again with water and drink the entire amount before 12 midnight.

**YOU MAY DRINK CLEAR LIQUIDS UNTIL MIDNIGHT.  
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.**

# CLENPIQ 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, BEGIN DIET RESTRICTIONS OUTLINED ON PAGE ONE OF THIS DOCUMENT (or click [here](#)).**

At 9 am the day before your colonoscopy, you are to have only [clear liquids](#) (see page one for acceptable clear liquids or click [here](#)). Remember for this prep, you begin 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 5PM**



Drink bottle one of Clenpiq. Drink 5 or more 8 oz cups of clear liquids; finish these liquids before 9 PM.

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**STEP 2 – At 9 PM**



Drink bottle two of Clenpiq. Drink 4 or more 8 oz cups of clear liquids. No more liquids after midnight.

**At 5PM:** Drink first bottle of Clenpiq. Follow it with 5 or more 8 oz cups of clear liquids. Finish these liquids before 9 PM, when you will take your second dose.

**At 9 PM:** Drink second bottle of Clenpiq. Follow it with 4 or more 8 oz cups of clear liquids.

**YOU MAY DRINK CLEAR LIQUIDS UNTIL MIDNIGHT.  
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.**