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Colonoscopy Bowel Preparation Instructions WITH *SUPREP*

Date of Procedure: _____ Time: _____ Arrival Time: _____

IF YOU ARE ON A BLOODTHINNER (_____): STOP TAKING IT ON _____

COVID TESTING REQUIRED: Please see paperwork for details. If you are having a hospital procedure, COVID testing is specific to that location. Please, call the office if you have any questions.

IT IS VERY IMPORTANT FOR YOU TO FOLLOW THE BOWEL PREPARATION FOR AN EFFECTIVE COLONOSCOPY. ANY STOOL REMAINING IN THE COLON CAN HIDE LESIONS AND RESULT IN THE NEED TO REPEAT THE EXAMINATION.

A RESPONSIBLE PARTY HAS TO ACCOMPANY YOU FOR THE PROCEDURE OTHERWISE THE PROCEDURE CANNOT BE PERFORMED. YOU CANNOT DRIVE FOR THE ENTIRE DAY AFTER RECEIVING ANESTHESIA FOR YOUR COLONOSCOPY.

Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

The day of the colonoscopy, wear loose, comfortable-fitting clothes. Please do not wear jewelry and do not bring valuables.

5 days before your colonoscopy:

- 1) Read the preparation instruction
- 2) Make sure you are aware of when you are supposed to stop your bloodthinner.
- 3) EAT a LOW RESIDUE DIET (cut down on your fiber foods) and increase fluid intake
- 4) Arrange for a driver (friend or family member) who will be required to sign for your discharge

2 days before your colonoscopy:

[2 DAY CLEAR LIQUID PREP REQUIRED: Yes/ No BEGINS ON ____ AM]
[-Purchase one bottle of Magnesium Citrate]

- 1) **Purchase:**
 - a. Suprep (by prescription only)
 - b. Dulcolax Laxative 5mg Tablets (over the counter- you will only need 2)
 - c. Gas tablets such as Gas-X (optional)

THE DAY BEFORE THE COLONOSCOPY on _____

NO SOLID FOOD OR ALCOHOL FOR THE ENTIRE DAY

YOU MAY ONLY HAVE WHAT IS LISTED BELOW

The **ENTIRE DAY** you must stay on a **CLEAR LIQUID DIET**. You should have as much **CLEAR LIQUIDS** as possible up until midnight.

Clears liquids:

- Water
- Clear fruit juices (apple, white grape, white cranberry)
- Tea or coffee WITHOUT milk, creams, powder creamery
- Soda (7up, Sprite, Seltzer, Ginger ale)
- Chicken or beef bouillon
- Jell-O (NO RED, NO PURPLE)
- Italian ices or popsicles (NO RED, NO PURPLE)
- Gatorade (NO RED, NO PURPLE)

At 4PM Take 2 Dulcolax (over the counter) Tablets with a glass of water

FIRST DOSE of PREP At 6PM (complete within an hour)

- 1) Pour one of the Suprep bottles into the mixing container. Add cold water up to the 16 oz. line in the container provided and stir to mix.
- 2) Drink all of the liquid in the container.
- 3) Using the same container, You **MUST** refill and drink **TWO** more 16 oz. containers of water or clear liquid of your choice over the next hour.

****CONFIRM YOUR DRIVER IS AVAILABLE TO TAKE YOU THE NEXT DAY.**

SECOND DOSE of PREP AT 11PM (complete within an hour)

- 1) Pour the remaining Suprep bottle into the mixing container. Add cold water up to the 16 oz. line and stir to mix.
- 2) Drink all of the liquid in the container.
- 3) Using the same container, You **MUST** refill and drink **TWO** more 16 oz. containers of water or clear liquid of your choice over the next hour.
- 4) If you have rectal discomfort, apply diaper rash ointment.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT UNTIL AFTER YOUR PROCEDURE

DAY OF THE COLONOSCOPY ON _____

NO SOLID FOOD, LIQUID OR ALCOHOL

MORNING MEDICATIONS YOU MAY TAKE WITH A SIP OF WATER:

HOLD YOUR DIABETES MEDICATIONS

IF YOU HAVE ASTHMA BRING YOUR INHALER WITH YOU

IF YOU ARE STILL HAVING BROWN COLORED STOOL (EVEN IF IT IS LOOSE) PLEASE CALL THE OFFICE PRIOR TO COMING IN

AFTER THE EXAM

You may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure before going to sleep. You may take Gas-x as needed for any gaseous discomfort

What is a colonoscopy?

Colonoscopy is a diagnostic procedure, which allows the doctor to visualize the lining of your large intestine (known as the colon). This is accomplished by using a colonoscope which is a long, thin, flexible tube with a light at the tip. If the doctor sees an abnormality, he can pass an instrument through the colonoscope and take a small piece of tissue (biopsy) for examination. Taking a biopsy causes no pain. The colonoscopy may be used as a means of treatment as well. If a colonic polyp (an abnormal growth of colonic tissue) is found, your doctor may be able to remove the polyp through the instrument. **Polyp detection rate by a colonoscopy is not a 100% accurate. There can be up to 7-10% miss rate of important lesions by the colonoscopy. The accuracy of colonoscopy for lesions will partly depend on the cleanliness of your colon. This is why a thorough preparation is extremely important.** The procedure should not be scheduled if you are traveling within 2 weeks after the examination.

You will be sedated (sleeping) in order to minimize any discomfort you might experience during the procedure.

IF YOU ARE ON BLOOD THINNER, IT IS EXTREMELY IMPORTANT THAT YOU TELL US.

What to expect after the procedure?

The procedure is usually well tolerated. There may be some discomfort during the colonoscopy but is usually mild. In rare cases, passage of the colonoscope through the entire colon is not possible.

You might be sleepy for an hour or two after the procedure due to the medications given for sedation during the examination. You will expel gas since air is instilled in your colon during the procedure for adequate visualization. If a polyp is removed, further instructions will be given to you. You will be able to resume your diet after the colonoscopy unless you are instructed otherwise. Occasionally it is necessary to admit a patient after the procedure.

What are the complications?

Colonoscopy and polypectomy is safe and is associated with very low risk when performed by physicians who have been specially trained and are experienced in these endoscopic procedures.

One possible complication is perforation in which a tear through the wall of the colon may allow leakage of intestinal fluids. This complication usually requires surgery but may be managed with antibiotics and intravenous fluids in selected cases.

Bleeding may occur from the site of biopsy or polyp removal. It is usually minor and stops on its own or can be controlled by cauterization (application of electrical current) through the colonoscope. Rarely, blood transfusions or surgery may be required. Bleeding can occur up to two weeks after your colonoscopy.

Localized irritation of the vein may occur at the site of the intravenous catheter. A tender lump may develop. This lump could remain for several weeks to several months but it goes away eventually. Other risks include drug reactions and complications from unrelated diseases such as heart attack or stroke. It is extremely rare, but death remains a remote possibility.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL OUR OFFICE.

Low-fiber diet for colonoscopy preparation

Three days before your colonoscopy, eat only low-fiber foods listed below.
Two days before, continue eating only low-fiber foods.

[Print this chart](#) (PDF) for easy reference.

See the [clear liquid chart](#) for the day before, and day of, your colonoscopy.

TYPE OF FOOD OR DRINK	YES — OK TO EAT THESE FOODS	NO — AVOID THESE FOODS
Milk and dairy	<p>OK to eat:</p> <ul style="list-style-type: none"> • Milk • Cream • Hot chocolate • Buttermilk • Cheese, including cottage cheese • Yogurt • Sour cream 	<p>NO yogurt mixed with:</p> <ul style="list-style-type: none"> • Nuts, seeds, granola • Fruit with skin or seeds (such as berries)
		
Bread and grains	<p>OK to eat:</p> <ul style="list-style-type: none"> • Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta) • White rice • Plain crackers, such as Saltines • Low-fiber cereal (including puffed rice, cream of wheat, corn flakes) 	<p>NO whole grains or high-fiber:</p> <ul style="list-style-type: none"> • Brown or wild rice • Whole grain bread, rolls, pasta, or crackers • Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal) • Bread or cereal with nuts or seeds
		
Meat	<p>OK to eat:</p> <ul style="list-style-type: none"> • Chicken • Turkey • Lamb • Lean pork • Veal • Fish and seafood • Eggs • Tofu 	<p>NO tough meat with gristle</p>
		
Legumes	<p>None allowed</p>	<p>NO:</p> <ul style="list-style-type: none"> • Dried peas (including split or black-eyed) • Dried beans (including kidney, pinto, garbanzo/chickpea) • Lentils • Any other legume
		
Fruits	<p>OK to eat:</p> <ul style="list-style-type: none"> • Fruit juice without pulp • Applesauce • Ripe cantaloupe and honeydew • Ripe, peeled apricots and peaches • Canned or cooked fruit without seeds or skin 	<p>NO seeds, skin, membranes; or dried fruit:</p> <ul style="list-style-type: none"> • Raw fruit with seeds, skin, or membranes (includes berries, pineapple, apples, oranges, watermelon) • Any cooked or canned fruit with seeds or skin • Raisins or other dried fruit
		

VEGETABLES

OK FOR SOME IF COOKED OR CANNED:

NO RAW, SKIN, SEEDS, PEEL; OR CERTAIN OTHER VEGETABLES:

Vegetables

OK for some if cooked or canned:

NO raw, skin, seeds, peel; or certain other vegetables:



- Canned or cooked vegetables without skin or peel (includes peeled carrots, mushrooms, turnips, asparagus tips)
- Potatoes without skin
- Cucumbers without seeds or peel

- Corn
- Potatoes with skin
- Tomatoes
- Cucumbers with seeds and peel
- Cooked cabbage or Brussels sprouts
- Green peas
- Summer and winter squash
- Lima beans
- Onions

Nuts, nut butter, seeds

OK to eat:

NO nuts or seeds:



- Creamy (smooth) peanut or almond butter

- Nuts including peanuts, almonds, walnuts
- Chunky nut butter
- Seeds such as fennel, sesame, pumpkin, sunflower

Fats and oils

OK to eat:

NO salad dressing made with seeds or nuts



- Butter
- Margarine
- Vegetable and other oils
- Mayonnaise
- Salad dressings made without seeds or nuts

Soups

OK to eat:

No:



- Broth, bouillon, consomme, and strained soups
- Milk or cream-based soup, strained

- Unstrained soups
- Chili
- Lentil soup
- Dried bean soup
- Corn soup
- Pea soup

Desserts

OK to eat:

NO:



- Custard
- Plain pudding
- Ice cream
- Sherbet or sorbet
- Jell-O or gelatin without added fruit or red or purple dye
- Cookies or cake made with white flour, prepared without seeds, dried fruit, or nuts

- Coconut
- Anything with seeds or nuts
- Anything with added red or purple dye
- Cookies or cakes made with whole grain flour, seeds, dried fruit, or nuts

Drinks or beverages

OK to eat:

NO:



- Coffee
- Tea
- Hot chocolate or cocoa
- Clear fruit drinks (no pulp)
- Soda and other carbonated beverages
- Ensure, Boost, or Enlive without added fiber

- Fruit or vegetable juice with pulp
- Beverages with red or purple dye

Other

OK to eat:

NO:



- Sugar
- Salt
- Jelly
- Honey
- Syrup
- Lemon juice

- Coconut
- Popcorn
- Jam
- Marmalade
- Relishes
- Pickles
- Olives
- Stone-ground mustard

More resources

[Preparing for your colonoscopy](#)

