

## INSTRUCTIONS FOR COLONOSCOPY WITH Gallon Prep SPLIT - DOSE

**MEDICATIONS:** Please notify us if you are on the following medications: **Aggrenox, Brilinta, Plavix, Coumadin, Warfarin, Pradaxa, Effient, Xarelto or Eliquis.** You may need to stop these medications 5 days prior to your procedure. Lovenox or Fragmin should not be used the day of the procedure. If you are diabetic, please consult your primary care physician regarding your medication and diet. You may continue to take all other medications. Please call our office with any questions that you may have.

### LOW FIBER DIET 3 DAYS PRIOR TO COLONOSCOPY

## Low-Residue/Low-Fiber Diet

A low-residue/low-fiber diet limits the amount of food waste that has to move through the large intestine.

### Points to Keep in Mind

- Avoid any food made with seeds, nuts, or raw or dried fruit.
- Avoid whole-grain breads and cereals. Purchase products made from refined flour.
- Do not eat raw fruits or vegetables. Remove skins before cooking.

Types of Foods	Foods to Choose	Foods to Avoid
<b>Breads, Cereals, Rice, and Pasta</b>	<ul style="list-style-type: none"> <li>▪ Enriched white bread, rolls, biscuits, and muffins</li> <li>▪ Waffles, French toast, and pancakes</li> <li>▪ White rice, noodles, pasta, and cooked potatoes (no skin)</li> <li>▪ Plain crackers</li> <li>▪ Cooked cereals: farina, cream of wheat, and grits</li> <li>▪ Cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K</li> </ul>	<ul style="list-style-type: none"> <li>▪ Breads or rolls with nuts, seeds, or fruit</li> <li>▪ Whole wheat, pumpernickel bread, and cornbread</li> <li>▪ Potatoes with skin, brown or wild rice, and kasha (buckwheat)</li> <li>▪ Whole grain cereals, bran cereals, granola-type cereals, and cereals with nuts, seeds, coconut, or dried fruit</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>▪ Strained fruit juice</li> <li>▪ Canned or cooked fruits without skins or seeds</li> <li>▪ Ripe banana</li> <li>▪ Soft cantaloupe and honeydew melon</li> </ul>	<ul style="list-style-type: none"> <li>▪ Prunes and prune juice</li> <li>▪ Raw or dried fruit</li> <li>▪ All berries and raisins (especially raspberries and blackberries)</li> </ul>
<b>Milk and Dairy Products</b>	<ul style="list-style-type: none"> <li>▪ Milk, plain or flavored</li> <li>▪ Yogurt, custard, and ice cream</li> <li>▪ Cheese and cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>▪ Yogurt with nuts or seeds</li> </ul>

- Vegetables**
  - Strained vegetable juice
  - Well-cooked fresh or canned vegetables such as asparagus tips, beets, green beans, carrots, acorn squash (without seeds), pureed spinach, and tomato sauce
  - Raw or partially cooked (steamed) vegetables
  - Vegetables with seeds
  - Sauerkraut
  - Cooked peas, winter squash, broccoli, brussels sprouts, cabbage, onions, cauliflower, baked beans and corn
- Meats, Poultry, Fish, Dry Beans, Peas, and Eggs**
  - Ground, well-cooked, tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats
  - Eggs
  - Dry beans, peas, and lentils
  - Peanut butter
- Fats, Snacks, Sweets, Condiments and Beverages**
  - Margarine, butter, oils, mayonnaise, sour cream, and salad dressing
  - Plain gravies
  - Sugar, clear jelly, honey, and syrup
  - Spices, cooked herbs, bouillon, broth, and soups made with allowed ingredients
  - Coffee, tea, and carbonated drinks
  - Plain cakes and cookies
  - Gelatin, plain puddings, custard, ice cream, sherbet, Popsicles
  - Hard candy
  - Pretzels
  - Nuts, seeds, and coconut
  - Jam, marmalade, and preserves
  - Pickles, olives, relish, and horseradish
  - All desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran
  - Candy made with nuts or seeds
  - Popcorn

**LIQUID DIET:** The day before colonoscopy, consume **CLEAR LIQUIDS ONLY! DO NOT EAT ANYTHING!** Avoid dairy products and anything that is red, purple or blue!! Drink plenty of fluids all day.

**RESTRICTED LIQUID DIET INCLUDES: (NO RED, BLUE, OR PURPLE PLEASE!)**

Strained, pulp free fruit juices (apple, white grape, lemonade)	Water
Coffee or tea (no milk or creamer)	Gatorade
Carbonated/non-carbonated soft drinks	Popsicles
Kool-Aid or other fruit flavored drinks	Clear broth or bouillon
Plain Jell-O (no added toppings or fruit)	NO dairy products or alcohol

**PREP INSTRUCTIONS: PLEASE CONTACT YOUR GASTROENTEROLOGIST FOR SPECIFIC DOSE TIMES**

Additional Instructions: The day before the procedure, fill the gallon of colon prep with water to the fill line. Mix well. If you choose not to use the flavor packs you can mix the unflavored prep with 2 packets of Crystal Light. You may want to mix it in the morning and refrigerate until ready to drink. Begin drinking half (2 Liters) of the prep solution between **(Please contact GI MD for exact time)** the evening before your procedure. Drink an 8-ounce glass every 20-30

minutes. Take your time. Continue drinking clear liquids. If you become nauseated you may stop until the nausea subsides then resume drinking the prep. Drink the remaining half (2 Liters) at **(Please contact GI MD for exact time)**. Drink an 8 oz. glass every 20-30 minutes.

You cannot have anything else to drink at least 4 hours prior to your scheduled procedure time. Please remove all jewelry prior to the procedure

Transportation: You must have someone you know drive you home. Taxicabs are buses are not acceptable. You may not walk home. You can expect to be at the facility 2-4 hours from your arrival time.

**CALL THE OFFICE 48 HOURS IN ADVANCE IF YOU NEED TO CANCEL OR RESCHEDULE THE PROCEDURE. 469-800-6020. FAILURE TO CANCEL OR RESCHEDULE PROCEDURES WITHIN 48 HOURS WILL RESULT IN A \$100 NO SHOW FEE.**

**IMPORTANT BILLING INFORMATION:** We will bill your health insurance carrier if you have provided us with complete information at the time of registration. However, please remember you are ultimately responsible for payments at Time of Service.