



COLONOSCOPY INSTRUCTIONS - MORNING PROCEDURE With SUPREP

Date of procedure:

Doctor:

What is a colonoscopy? A colonoscopy is a procedure that enables your doctor to examine the lining of the colon (large intestine). The instrument used for the procedure is a flexible tube that is gently passed through the anus into the colon. A tissue biopsy may be taken or polyps removed. Colonoscopy is the best test to assess for colon polyps, inflammation, or cancer.

What Bowel Preparation is required? For the procedure to be accurate, the colon must be completely clean. This is achieved by closely following the colonoscopy instructions below. The preparation will cause diarrhea in order to clean the colon. A prescription will be provided for the preparation to be purchased at your local pharmacy.

What do I need to bring? Wear loose fitting clothing and leave jewelry and valuables at home. You will need to provide ID, a health information card, and credit card in the event there is a co-pay for the procedure.

How long is the procedure? On average, the procedure time is between 20-30 minutes. Allow 2-3 hours from your arrival time before you will be ready to go home. It is important to arrive on time to allow for timely check in and pre-procedure admission.

What happens after the procedure? The anesthesia used for sedation during the procedure will make you drowsy for several hours following your exam. A friend or family member must drive you home and be present as we review your post-procedure instructions. This process is required by law. Your procedure may be cancelled if a responsible adult is not available to take you home.

DIET INSTRUCTIONS

THE DAY BEFORE YOUR COLONOSCOPY

- Follow the **WHITE DIET** all day (Refer to separate WHITE DIET instructions).
- You may eat from the **WHITE DIET** list of foods with the **FINAL MEAL** at **2:00 p.m.**
- Only **CLEAR FLUIDS** are allowed after the **2:00 p.m.** meal until the colonoscopy.
- **CLEAR FLUIDS** include: water, soda water, mineral water, ginger ale, sports drinks (not red, purple, or blue), lemonade, apple juice (no pulp), black coffee/tea, Jell-O (not red), or clear soup (e.g. clear chicken broth).



BOWEL PREPARATION INSTRUCTIONS

THE DAY BEFORE YOUR COLONOSCOPY

6:00 p.m.	<ul style="list-style-type: none">• Drink Dose 1 of SUPREP*: Pour one 6oz bottle of SUPREP into the plastic container and add cold water to the 16oz fill line. Mix well and drink all the liquid in the container. You must drink two more 16oz containers of water over the next hour.• Until bedtime, drink as much CLEAR FLUIDS as desired. Please refer to the list above.
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THE DAY OF YOUR COLONOSCOPY

4 HOURS BEFORE YOUR EXAM	<ul style="list-style-type: none">• Drink Dose 2 of SUPREP*: Pour the second 6oz bottle of SUPREP into the plastic container and add cold water to the 16oz fill line. Mix well and drink all the liquid in the container. You must drink two more 16oz containers of water over the next hour.• Do NOT drink any more fluids 2 hours before your procedure.• You may take your regular morning medication EXCEPT DO NOT TAKE insulin nor other medications for diabetes.
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* Having difficulty tolerating the SUPREP?

For many patients, the taste and tolerability of the preparation is a challenge. However, it must be consumed. Here are some methods that have been helpful for patients:

- Use a straw to bypass the taste buds.
- Use hard candies, i.e. Jolly Ranchers, during drinking to buffer the taste.
- If you feel nauseous, wait 15 min. before resuming. Finish solution over 1 hr.

WHITE DIET INSTRUCTIONS

WHITE DIET FOOD ALLOWED

- Milk, white coloured yoghurt (no added fruit), mayonnaise, cream, sour cream, butter and margarine, oil for cooking
- White bread/toast, rice bubbles cereal, eggs
- White rice, regular pasta, potatoes (peeled and mashed only), rice noodles
- Rice crackers (plain), white flour, sugar
- Chicken breast (no skin), white fish fillet (no skin)
- Cheese: cream cheese/cheddar/ricotta/feta/cottage/mozzarella/parmesan cheese
- White chocolate, vanilla ice cream, lemonade ice-block ('icy-pole'), custard, "milk bottles" (white confectionery)
- CLEAR FLUIDS are allowed: water, soda water, mineral water, ginger ale, sports drinks (not red/purple/blue), lemonade, apple juice (no pulp), black coffee/tea, Jell-O (not red) or clear soup (e.g. clear chicken broth)

Food NOT ALLOWED

- Anything not listed above
- Other white coloured foods such as fruit or vegetables, pears, parsnip, cauliflower, onion, high fiber white bread, tofu, coconut, porridge, banana, mushrooms, semolina, couscous, popcorn

WHITE DIET SAMPLE MENU PLAN

Breakfast:	Glass of Milk Rice bubbles with milk and white sugar Scrambled eggs and white toast
Morning Tea:	Glass of Mineral water Plain rice crackers with cheese
Lunch:	Glass of lemonade White bread sandwich with sliced chicken breast, cream cheese or Mayonnaise.
Afternoon Tea:	Plain vanilla yoghurt Vanilla milkshake
Dinner (2pm)	White fish fillet with white rice or mashed potato or Regular pasta with diced chicken breast and parmesan cheese or Chicken soup (clear chicken broth/stock) with rice noodles and sliced chicken breast Glass of soda water Vanilla ice cream