



7566 N La Cholla Blvd Suite B Tucson, AZ 85741

Colonoscopy: Full Prep

5 Days Prior to Procedure:

- Begin low residue diet. Acceptable food list attached.

Day Prior to Procedure:

A low residue breakfast is permitted.

After breakfast clear liquids only:

- Clear bouillon, broth, tea, & coffee (without milk or cream)
- Crystal Light, Gatorade, & carbonated drinks (including dark colas)
- Apple & White grape juice, Popsicles, & Jell-O
- Do not have anything: purple, red, or orange in color.

Bowel prep Instructions:

- 12:00 noon- 4:00pm drink an 8oz. glass of prep medication every 15-20 minutes until gone.
- Additional clear liquids must be consumed for preparation to be effective.

Day of the Procedure:

- Driver must be present at time of check in and is required to stay for procedure duration.
- Patient may use a medical taxi.
- Take medications for: heart, blood pressure, pain, anxiety, seizure, and thyroid. Do not take any diabetic medications.

You may have clear liquids until _____. Nothing by mouth after this time.

Procedure date: _____

Check in time: _____

Note: Should you need to reschedule or cancel your procedure please call our office at 520-742-4139.

Foods Acceptable For Colonoscopy 5 Day Restricted Diet:

-Stop fiber supplements.

Fruit: (Must be peeled)

Apple/Applesauce/Apricot/Banana/Peach/Pear

Protein:

Eggs/Chicken/Fish/Seafood/Turkey/Pork/Red Meat

Protein Supplements/Soy Protein/Tofu

Meal Replacement Shakes

Carbohydrates:

White Pasta/White Rice/White Bread/Tortillas

White Peeled Potatoes/Sweet Potatoes

Plain Crackers/Tortilla chips/Pretzels

Plain Cheerios/Special K/Low Fiber Cereals

White grits/Hash browns

Couscous/Quinoa

Pancakes/Waffles/Plain Bagel

Dairy:

Cheese/Milk/Plain Yogurt/Custard

Ice Cream/Sherbert/Sorbet

Cream Cheese/Sour Cream

Juice:

Vegetable/Fruit Juices (without seeds or pulp).

Condiments/Spices:

All condiments/Spices acceptable

included but not limited to:

Margarine/Butter etc.

Vegetable Oil/Olive oil

Salad dressing with out seeds or nuts

Ketchup/Mustard/Mayonnaise, Etc.

Salt/Pepper/Garlic, Etc.

Honey/Sugar/Syrup