Colonoscopy- Prepopik AM

5 Days Prior to Procedure:

- Begin low residue diet. Acceptable food list attached.

Day Prior to Procedure:

Clear Liquids Only:

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

Bowel Prep Instructions:

- At 4:00pm Follow step 1 and step 2 of the Prepopik instructions.
- Additional clear liquids must be consumed for preparation to be effective
- 10:00pm Follow step 3 and step 4 of the Prepopik instructions.

Day of the Procedure:

- Driver must be present at check in and is required to stay for procedure duration.
- Patient may use a medical taxi or transportation provided through insurance.
- Bring a list of current medications.
- Take medications for: heart,blood pressure,pain,anxiety,seizure,and thyroid. Do not take 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 taking fiber supplements including: Benefiber, Metamucil, & Citrucel

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
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 Juices (without seeds or pulp)

Condiments/Spices:
Margarine/Butter etc.
Vegetable Oil/Olive oil
Ketchup/Mustard/Mayonnaise,
Salt/Pepper/Garlic,.
Honey/Sugar/Syrup